

Welcome to our Health Secrets Newsletter Volume 1.

HEALTH SECRETS & SYMPTOMS NEWSLETTER

My friend **Gerald Van Yerxa** has put together a fantastic Web site. It is amazing the amount of hours that have gone into it. This newsletter is to acquaint you with this web site, which will allow you to better understand all the ramifications of achieving and maintaining optimal health.

Hi, my name is **Dr. Alex Omelchuk**. I have written this newsletter because I have a great passion and belief in what the information on this web site will do for you and your loved ones.

I am a retired physician. I practiced Family Medicine for 25 years. Here is a very short list of my accomplishments, there are many more. I do not present this to in any way stroke my ego, but to allow you to make a judgment as to my credibility and the credibility of what you will learn as a result of this web site.

Dr. Alex Omelchuk, Dip. Ed., MD, LMCC, CCFP, FCFP.

- Graduated from the Faculty of Medicine U of A (Alberta) 1962
- Member of the Canadian Medical Association
- Member of the College of Physicians & Surgeons of Alberta
- Member of The College of Family Physicians of Canada
- Founding Member of WONCA (World Organization of National Colleges and Academies) of Family Medicine
- Chief of Staff, Royal Alexandra Hospital, Edmonton, Alberta, Canada (1000 beds)
- President, College of Family Physicians of Alberta
- Faculty of Medicine U of A, teaching staff
- British Airways Medical Officer - Alberta Region
- Member - North American Aerospace Medical Association, USA
- Member - Canadian Society of Aviation Medicine
- Research Director for "Canadian Nutrition For Kids" foundation
- Numerous other Medical and Professional Organizations



HEALTH CARE IN THE 21st CENTURY

Health care is an industry enormous proportions - the largest in America. It involves 750,000+ physicians and 5200+ hospitals. It requires an annual expenditure of \$1.5 trillion, or 17% of national income. Additionally, Americans consume \$90 billion worth of medications and medical supplies per year. With all that money being spent on medicine & medical supplies you would expect wonderful health.

The contrary is true - the status of health is deteriorating rapidly and drastically. For instance, 25 years ago, cancer was the number eight killer in the United States. Now, after the expenditure of billions of dollars on the "war on cancer," it is the Number Two killer! Currently, 95% of Americans will die like this: heart/circulatory disease: 50% cancer: 33% diabetes: 12% These statistics don't include the many kinds of 'living death': chronic diseases like arthritis, chronic fatigue syndrome, Crohn's disease, colitis, fibromyalgia, multiple sclerosis and Hepatitis C. We are being forced to think differently about health care. Wellness can no longer be defined as feeling and appearing well. Appearances are proving to be deceiving, with the deception often being deadly. For instance, a growing number of 'healthy' young men are having heart attacks with no previous sign of heart disease. Women who feel just fine are suddenly diagnosed with breast cancer. This has been termed "the illusion of health". So who is healthy? We can be in great shape, feel well, have high energy - and all the while be quietly 'unraveling' internally. Medical experts tell us that everyone develops cancer cells every day.

However, that's not really a problem as long as the immune system is strong. But what happens when it weakens? Cancer - or any number of other diseases - can take over. What's wrong? It all comes down to the immune system, the body's defender. In turn, the immune system's first line of defense is the Natural Killer Cells (NK). They protect us from invasions of bacteria and viruses. The level of NKs is measured and reported as Litic Units (LU). Compared with North American levels in 1981, in 1997 NK function was down 29% (108 LU compared with 152 LU). During recent years the drop has been 3% per year, and it's accelerating. This leaves us critically vulnerable to disease. This does much to explain our current health crisis. Suppressed immune systems and poor health go hand in hand. 'Feeling fine' isn't enough. It's what's going on inside that tells the story.

Where does all this leave us? We've got to stop relying on how we look and feel. We can't trust getting a 'clean bill of health' from a doctor. We must change our thinking. Everyone can have a proactive plan to defend the body from disease and achieve optimal health. It's possible! Many thousands have done it. We can deal with the hidden problems before they get a chance to develop into anything serious. We can build vibrant health and enjoy wonderfully enhanced longevity. Thousands attest to it.

First and foremost is to make lifestyle and dietary changes. Good nutrition, exercise, and freedom from stress must be highest priority. Beyond that, there is a new category of highly specialized, patented, Nutraceutical supplements, which can support our immune systems. Of all the 200 carbohydrates (sugars) found in nature, **Harper's Biochemistry** (24th and 25th editions textbook) identifies eight, which enable the body to achieve optimal cell-to-cell communication. This is vitally important because of a new understanding in biochemistry of how our bodies maintain health at the cellular level. When there is complete communication among the cells, amazing things can happen.

How do these eight simple sugars, or glyconutrients work? With the addition of glyconutrients, a California immunologist, found that the immune system of a well person can increase by as much as 50%, and sick people can enjoy an increase of as much as 400%! In his opinion, this is one of the greatest discoveries of all time, ranked with penicillin, vaccines and insulin. In one study that ranks 200 natural herbs and supplements for toxicity and efficacy, these glyconutrient supplements are among the top 5. He says, "There is no other natural supplement, vitamin, mineral or drug that even comes close to accomplishing (what glyconutrients do)." There is also scientific documentation that a Glyconutrient - supplemented diet can be a significant factor in reversing 6 of the 8 biomarkers of aging.

Other key nutrients, foods, and even medications work synergistically with glyconutrients to deliver maximum protection and optimal health. This is the best health news the world has had in a very long time. With more than 50% of our population seeking natural solutions for health, this is great news! Contact your health care professional or local health food store to find out more about glyconutrients. Ask for the research!



DOING YOUR DUE DILIGENCE

To get the greatest benefit you must download the Special Reports assembled by Gerald Van Yerxa. As you go through the web site download the information

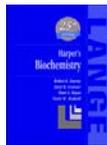
and study it. This information, if acted upon, will affect your life and health and that of your loved ones.

LOOK AT THE EVIDENCE

Over 20,000 peer reviewed scientific papers published every year worldwide verify the science behind this information. A summary of this science may be gained from the following publications:



- **Physicians' Desk Reference** (PDR), for non-prescription drugs and dietary supplements. 22nd Edition, 2001 pp 819-820. (www.pdr.net). Every physician in the U.S. gets a copy of this publication.



- **Harper's Biochemistry** textbook, 25th edition, Chapter 56. This textbook is used to teach biochemistry to medical students.



- **Acta Anatomica**. Vol. 161, No. 1-4, 1998. The foremost International Journal of Anatomy, the Embryology and Cell Biology. This whole volume is dedicated to the Glycosciences - The editor states "glycosylation is the most common form of protein and lipid and modification but its biological significance has long been underestimated. The last decade, however, has witnessed the rapid emergence of the concept of the sugar code of biological information: Indeed, monosaccharides represent an alphabet of biological information similar to amino acids and nucleic acid, but with unsurpassed coding capability".
 - In simple terms this means that each and every cell in your body has to communicate with every other cell. This is accomplished by carbohydrates receptors on every cell. The essential monosaccharides are absolutely necessary for this process to be accomplished.
 - The editorial then further comments that the this volume provides a "reference source for scientists and graduate-level students in the field of anatomy, histology, cell biology, pathology, cancer research, pharmacology and pharmaceutical chemistry".
 - This means that the Glycosciences play a vitally important role in all areas of medical research.



- **Science magazine**. Volume 291, No. 5512, 23 March 2001. This whole issue is dedicated to carbohydrates and glycobiology. The editor says " the important roles that carbohydrates play in biology and medicine have stimulated the a rapid expansion of the field of glycobiology".



- **Dr. Michael Schlachter**. An excellent treatise by a medical doctor entitled "**At First Do No Harm**". This material is available as a download for you from the website you just visited. It is an actual thesis to other doctors highlighting the significance of glyconutritionals and the role they play with potentially any disease condition or health challenge.



- the web site **<glycoscience.com>**. This site has numerous links to Medline and Medscape. Much of the information contained on this web site is in the form of medical abstracts, which your doctor or health care provider will be able to relate to.

Throughout Gerald Van Yerxa's web site you will find fascinating information about how the personal application of glycobiology can help your body maintain optimal health.



LEGAL NOTE

The laws of the United States & Canada do not permit anyone to share "educational information" about a product technology that has proven scientific health benefits and promote the trade name of a product and/or the name of its company at the same time. So, if you see that being done by anyone, it is either out of ignorance of the law or it is intentional direct contravention of it. For that reason I will keep everything in generic terms and refer to the product technology I am sharing with you as "The Glyconutritional Complex or Glyconutritionals" which happen to be the patented scientific names for this amazing product discovery. Regardless of what you think...this happens to be the law, which I

prefer to abide by. That is why on the web site we have asked you to “click on” email responders so we can email you the information and links to websites you want that will allow you to see the products themselves that are the foundation of this incredible product technology.



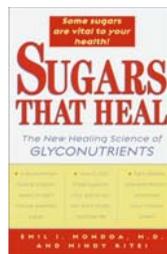
DOCTORS ARE THE LEADING CAUSE OF DEATH

Allopathic medicine does not have all the answers and is often unintentionally harmful. The Journal American Medical Association Vol 284, July 26, 2000 published an article stating “Doctors Are The Third Leading Cause of Death in the U.S., Causing 250,000 Deaths Every Year”. The article talked about deaths resulting from doctor’s prescriptions & treatment. The new paradigm has to be personal responsibility. Every person must take the initiative to become personally involved in health decisions that affect them and their loved ones.



HOW CAN YOU START TO TAKE CHARGE OF YOUR OWN HEALTH?

Look at the validation. A staggering 20,000 plus articles and journals on the science and validation of glyconutritionals are available through research venues. You can start by using the information given to us by the science of glycobiology. Start by visiting the science web site <glycoscience.com>. For example, you will see that studies have shown that with a single monosaccharide, mannose with acemannan (aloe vera), improved symptoms in such disorders as wounds, psoriasis, atheromatous heart disease, angina and AIDS. And, there is much more just waiting for you to look at.



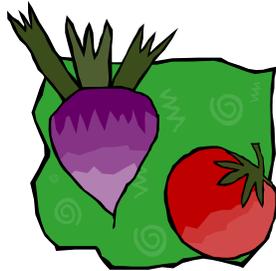
You can also take charge by ordering a copy of the book titled: **“Sugars that Heal”** available through Random House books at:

http://www.amazon.com/exec/obidos/ASIN/0345441060/qid=996251452/sr=1-1/ref=sc_b_1/103-9075494-8819800

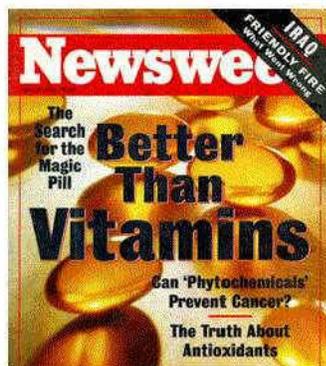
Be sure to run off all the special reports from the web site you just visited. They contain a wealth of information that will allow you to begin to become personally involved in your own health.

In addition to glyconutrients, phytochemicals are equally important. These are naturally occurring antioxidants, free radical scavengers and anti- cancer ingredients found in vine ripened fruits and vegetables. Cancer agencies including the National Cancer Institute continually stress the importance and benefits of phytochemicals in prevention of cancer. The American Heart Association states these nutrients are critical for the prevention of heart disease.

Just read some of these quotes:



“Scientists have discovered hidden medical weapons in vegetables - Phytochemicals. They relieve a variety of illnesses and may be the most powerful tumor deterrent! I strongly recommend that everyone learn what these plant extracts can do”. - **Jay Gordon, M.D., ABC TV Medical Correspondent and Author of Good Food Today, Great Kids Tomorrow.**



“In a world where science merges with health, phytochemicals are the next big thing. The National Cancer Institute is so excited, it has launched a multi-billion dollar project to find, isolate, and study them. Private firms are eyeing them as a health blockbuster. For among their most intriguing talents is an apparent

ability to block the multiple processes that lead to cancer..." -
Newsweek Magazine, April 1994

- "There is a plethora of bioactive substances in plant foods called functional components; these include a large class of naturally occurring compounds known as Phytochemicals. Hotter than the Internet? Anyone who hasn't heard about functional foods soon will - the term is well on its way to becoming the latest nutrition buzzword. It simply means "foods" with the ingredients thought to prevent disease".
- **Harvard Health Letter, April 1995**



THE LAWS HAVE CHANGED & SO ARE THE TIMES

In 1994 the U.S. Congress passed the Dietary Supplement Health and Education Act (DSHEA). This legislation is helping drive the importance of nutraceuticals into the consciousness of every American. A paradigm shift in health is occurring in many places. In Germany nutraceuticals are out selling pharmaceuticals by a margin of two to one. The U.S. track and field federation endorsed nutrient based supplements in 1997 because of its tremendous effect in improving athletic performance.

The National Institutes Office of Health has established the Office of Alternative Medicine. Medical schools in the U.S. are offering curriculum in alternative health. As well over 280 medical schools are now teaching glycobiology as a part of their biochemistry studies.

The overwhelming evidence supported by scientific study shows that the ingestion of certain nutrients including glyconutrients, phytonutrients, and plant sterols can change cellular health. When you're cells are healthier you are healthier.



KEEP YOUR DOCTOR INFORMED

Always advise your physician that you are taking glyconutrient supplements. As your own body cells get healthier any medication you may be taking might have to be reduced. When you're cells repair themselves and get healthier the amount of pharmaceuticals required may be reduced because your cells are not as sick



THESE ARE NOT DRUGS!

Glyconutrients, phytonutrients and plant sterols are not medicines. They are naturally occurring foods produced in nature by vine ripened fruits and vegetables. The body has been designed to require these nutrients to maintain metabolic efficiency. Science has proven these products go far beyond what pharmaceuticals can accomplish. Glyconutrients are used at the molecular cellular metabolic level. They are essential nutrients for your cells to maintain and repair themselves. These food products do not treat, cure or ameliorate any disease or condition. However scientific research has established a connection between good nutrition and many disease conditions. Current science shows these nutrients are the missing tools or building blocks, which the body needs to be able to heal itself in certain circumstances.



WHY YOU NEED TO LISTEN

You might be asking why YOU need to consider nutritional supplements? With the exception of a genetic disease, virtually every disease known to man (that is: everything that kills or hurts you disease wise) it has got a nutritional deficiency component. That means things like cancer, heart disease, diabetes, auto immune diseases, plus things that are hard to pronounce and that you may have never heard of 10 or more years ago like chronic fatigue and fibromyalgia, anything you can think of are related to stuff that is not going in your body when it should be.

We're talking about food...or what is missing from your food. Not only is "this something" missing from your food but in today's society it is impossible to get in your diet. What are these things?

They are called Glyconutrients, Phytonutrients and Micro-nutrients; and they are powerful food molecules that carry with them the building blocks to help the body heal itself.



THE EFFECTS OF PROCESSED FOODS

You cannot get these missing “super ingredients” in your foods today because we are no longer hunter-gatherers anymore. Instead, we are urbanized. 100 years ago we used to follow the bears and collect berries and pull roots. Here is a clue: people living back a century ago never got many of the diseases we hear about today. Now we live in an era of food processing (everything from cheese to potato chips to breads), hormone injections (fish, poultry & beef), synthetics (aspartame and other sweeteners), chemicals & pesticides (from your favorite cola drink to bug sprays and repellents), & environmental pollutants (from automobiles to fire logs to hair sprays).

These things are not nutritious. We are neither chemically nor drug deficient. We are nutrient deficient!

Did you know that there are hardly any farms left today. Most people are lucky today if they eat 10 to 20 foods in a month...100 years ago we used to eat 120 - 130 different foods in a month. The chemicals & preservatives in most of our foods today can cause some foods to last longer than we do.

Unless you grow all your food in your own garden and prepare all your meals from scratch like we used to do 100 years ago, it's almost impossible to eat any food without preservatives added by manufacturers during processing.

However, even if you do grow everything in a garden yourself you are still behind the 8 ball. More on that in a moment.

What's the use of buying organic vegetables for lunch and then having a bag of chips and a coke for a snack afterwards. Kind of ironic don't you think?

What are the effects of all these things on the human body...on your body? Do you think it is possible that we may now be seeing these effects of chemicals in our foodstuffs; hormones injections in our livestock, poultry & fish; and the over processing of our foods after the last 50 years of use?

Here is a new way of looking at what we consume: ***“If man made it read it ... if god made it eat it.”***



DRUGS IN DRINKING WATER

Science has just found something else that is going to scare the daylights out of a lot of people. Please - don't think you don't need to hear this because what I am talking about is affecting you & your family right now whether you know it or not. What I am talking about can be found in any up to date library in the world...and across the internet. It provides a major clue as to why so many people today are facing autoimmune problems in their health. It further addresses issues such as antibiotic resistant bacteria and viruses.

An alarming high concentration of “everyday” drugs is being found in all bodies of water and drinking water all over the planet. Ranging from our seas, to our oceans, to our lakes, rivers and streams. Next time you are on the Internet, type this phrase into any search engine on the planet: **“drugs in drinking water”**.

Here is a trivia question for you. Can a water treatment plant...any water treatment plant...anywhere in the world, filter drugs out of drinking water?

Before you answer that, here is another question.

Have you ever stopped for a moment to wonder how many of the 6-8 billion people all over this planet take drugs every month?

Anything and everything from cold and cough medications & syrups, to baby aspirin to pain killers, to over the counter antihistamines, to birth control, to heart medications, to asthma treatments, to diabetes pills and insulin injections, to headache pills, to upset stomach pills, to ulcer medications, to motion sickness tablets, to cancer treatments, to anti depressants, to anti viral cocktails, to you name it...anything & everything period.

Now let me ask that first question again: Can water treatment plants filter drug residues out of waste water before releasing effluent into public waterways?

The answer is NO.

Where do drug residues in our water come from. If you thought the answer was from some sort of industrial spill off you are wrong. The answer is from primarily human waste. Get this: in some cases, from 50% to 90% of a pharmaceutical drug is excreted from the human body when you or your neighbor or anyone on this planet goes to the bathroom. The terrifying fact is these drugs leave your body in their original biologically active form. They are still drugs. They are still packed with toxicities and side effects. It is little wonder that scientists are discovering antibiotic resistant bacteria that have learned over time to adapt and actually feed on drug residues as nourishment.

Anybody feel thirsty right now? Oh - an just because it's bottled doesn't mean its safe.

Researchers are finding drugs from chemotherapy, antibiotics, hormones, antiseptics, and beta-blocker heart drugs in water. And they are finding these things in every body of water in the world. Lakes, rivers, streams, oceans, springs and wells. They have also detected residues of drugs to control epilepsy and ones that serve as contrast agents for diagnostic X rays.

Do human beings need water to survive? Yes, we do. Can people survive without water? No, we can't. Don't we use water to grow food? Yes - we do!

Obviously if you drink enough antibiotics in what you thought was clean water, your resistance to them will increase. And what about the toxic affects of ingesting other people's drug residues on our own immune systems? Haven't we started to see that in the news over the last several years?

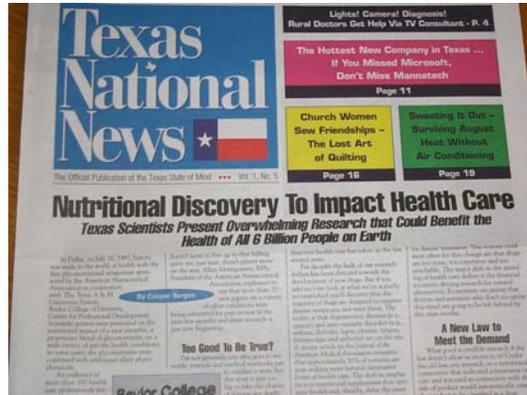


GETTING ANSWERS THROUGH COMMON SENSE QUESTIONS

Have you ever stopped for a moment to ask yourself why cancer is on the rise? Why has it gone from the #8 killer to the #3 killer in just a few years...and why is it is predicted to be the #1 killer not long from now? Why are more and more children are getting childhood leukemia's? Why do 50 million Americans now have asthma...most of them now children? Why is it that Diabetes is already at epidemic proportions and continuing to skyrocket in women? Why is it that things you and I could not even pronounce didn't even exist 25 years ago? Chronic fatigue? Fibromyalgia? Environmental disease? Attention deficit hyperactivity disorder? Why is it that every major illness seems to be on the rise?

OK. I think you've got the picture. So - what do we do?

The answer lies in 4 to 5 sciences. 4 sciences for some people; 5 sciences for others.



GLYCONUTRITIONALS

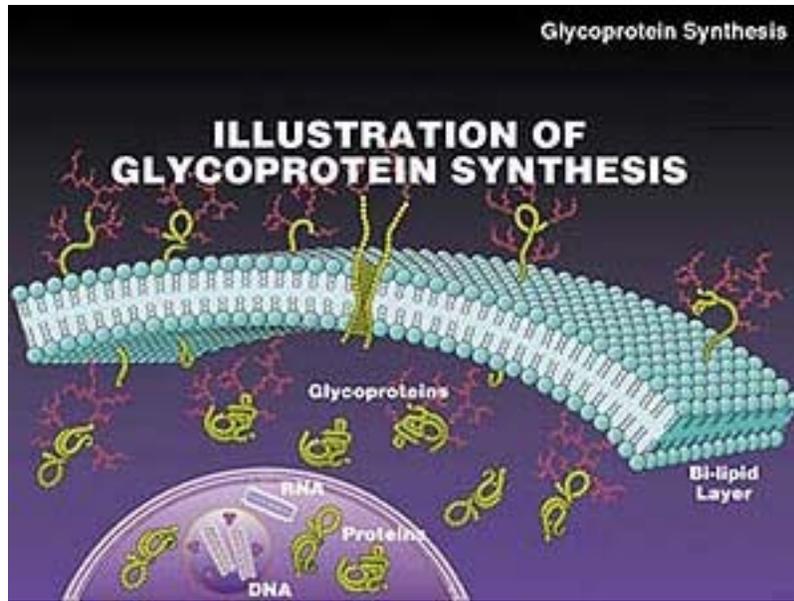
The first science is cell-to-cell communication through glyconutritional supplementation. The product you are about to hear about is the one that according to some news reporters, everyone on planet earth must have...not might or should...but must have.

The greatest healing mechanism in the world is your own body when provided with the right nutritional tools. Especially when provided with those nutritional building blocks God intended for us to have on a daily basis.

When you cut your hand, how do your skin and other tissue know how to fill in the damaged area and seal itself off again? When you eat, how does your digestive tract know which food components to grab and send into the blood stream? How does your digestive tract know which particles to allow to pass through? In terms as something so taken for granted as going to the bathroom...how do the filters in your kidneys choose the correct molecules to expel? When the defenses in a healthy body detect a bad cell or a damaged cell or an invading bacteria, how is it that the cell or bacteria can be destroyed or repaired in the healthy person...but not an unhealthy person?

Unlike machines, our human bodies are somehow coded to perform many complex "involuntary" functions. But if our bodies cannot perform these millions of simple yet taken for granted functions then we cease to live and thrive. Instead, we get sick or die.

Science and medicine have tried for a real long time to break the bio code by which the cells of our bodies talk with each other in order for these amazing things to happen inside our bodies.



Imagine you are looking at a cell. Any cell. On that cell, you should be able to see all sorts of little hair like strands. Think of them as arms with hands and fingers. These strands or arms are called receptors. Inside your body, you have millions of cells. All sorts of cells. Red & white cells, others called natural killer cells, and big cells too called macrophages. There's a ton of them. The names of all the cells aren't important. Just know that there are a whole bunch of them inside the body. And, it's like one big massive bumper car game going on inside your body at all times.

The cells in our bodies are continuously ramming into each other. And when they do...they talk to each other. It is called the language of cellular communication.

Remember those little hair like strands I just told you about on the surface of every cell. Think of them as little arms. Well, imagine a cell bumping into another cell. WHAM! As the cells bump into each other imagine them shaking hands with their little arms.

When both cells shake hands or touch each other...there is an amazing communication that takes place. Are you me? Are you OK? Are you friend or foe? Do I kill you or destroy you or eat you - do I repair you - do I help you reproduce? Do I leave you alone? Do I call in other cells to help with the repair or destruction of that cell I just touched?

Now go back to all the things we talked about a few minutes ago. All the pollution. The effects of chemicals & pesticides on our food crops and in our environment. The hormone injections in our livestock and fish. The drugs in our drinking water.

Well, the big deal is that these little hair like strands or arms that are supposed to be on the surface of every cell...they are now no longer there in many circumstances. That's because we are not getting the building blocks in our food that we need. All the pollution and toxins in our environment compound this. Those little strands or arms...those are the missing building blocks from our foods. The cells can't communicate. It's like they left home without their cell phones.

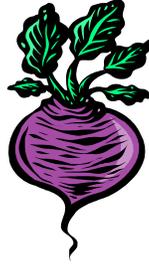
So now what happens when cells bump into other cells and they can't talk to each other? What if a cell doesn't know it should kill a harmful bacteria? What if a cell doesn't know whether it should eat or gobble up a bad cell or a good cell? What if other cells don't know which cells to repair and which to leave alone? As a result, your body breaks down. It can start to eat itself. Cells can start killing other cells at random and don't know when to stop. Or - maybe your cell defenses won't turn on at all leaving whatever foreign invaders there are in the body to go on a rampage of death and destruction.

This is what it is like when your cells cannot communicate. Every function and system in your body will be affected.

Glyconutritionals are the 8 substances discovered by mankind that we absolutely cannot get in our diets anymore because of everything we have just talked about. There may be 2 maximum that we might be able to get...but we must have all 8. These 8 substances are called glyconutrients. They are what are needed to complete the cellular alphabet inside the human body. Without them there can be NO little arms or strands that are supposed to be on the surface of every living cell...that's BECAUSE **they are** the little arms or strands. Without them, the body cannot speak. There is no cellular communication...or there is severe communication break down between cells. It would be like trying to speak to another person yourself without using 1 of the 5 vowels in the English language: A, E, I, O, U. Go ahead, try and say anything to anybody without using a vowel. You can't do it!

Glyconutrients are the first products every living person on Earth needs to be taking. Because of our environment, people on earth need to consume these glyconutrients for the duration of their life. Any combination of 2 or more of these amazing substances can only be found from 1 company because of world wide patent law. That company is the one that my friend Gerald Van Yerxa told you about. See the email addresses at the end of this document for a look at the products. Click on the appropriate one and you will be taken to see them.

The one product on earth that contains all 8 of these glyconutrients is called the Glyconutritional complex. You can see it on the web site I just referred you to.



PHYTOCHEMICALS

The 2nd science is that of phytochemicals or phytonutrient supplementation.

Quite simply, phytochemicals are plant chemicals. According to every cancer body of research in the world that I know of...we must have these chemicals in our diets in order to fight things like cancer. Phytochemicals are found in primarily fruits, legumes and vegetables. But get this. They are only present at the point of vine ripening. That means that a fruit, legume or vegetable will only be at its phytochemical peak in the last few days before it falls from the leaf or the vine. If you eat anything unripened...you don't get the phytochemicals you need...PERIOD! Phytochemicals are what makes the tomato red or the banana yellow. The phytochemicals protect the plant from the sun and anything in the environment.

If you were lying in a garden beside a tomato plant in the hot summer sun...what would happen if you fell asleep for several hours? The answer is that the red tomato would just get riper but what about you? The answer is your skin would get severely sun damaged and in fact could initiate cancer within your body. Why? The phytochemicals protect the plant from not only the damaging rays in the sun...but they also protect the plant from all the other bad things in our environment. The question is: how can we get that same protection. The answer is to eat vine-ripened fruits, legumes and cruciferous vegetables after they have reached their phytochemical peaks...but not before. But there is a problem in trying to do this.

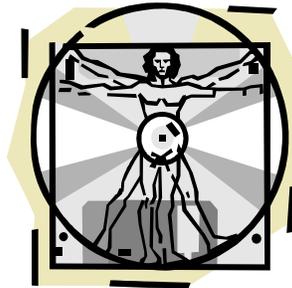
Everything we consume, without question, is picked green. Even the stuff you buy in the organic food stores. A vine ripened fruit, legume or vegetable is easy to spot. It is mushy, probably discolored. However, it is phytochemically enriched and packed with flavor. But - it must be consumed within a day or 2 or it will rot.

Our economy dictates that we can't have this stuff on store shelves because it won't last. So it is impossible for any store to carry it. We have been conditioned to buy things based on appearance...not nutritional value. Ever wonder why hogs on a farm won't touch green unripened fruits or vegetables. What do they know that we don't.

The American Cancer Society is now using foods like broccoli & other cruciferous vegetables to combat different types of cancers because the drugs are not working. There is a quote in Newsweek Magazine from April, 1994 from the National Cancer Institute that says phytochemicals can kill and necrose cancer in the human cell. They recommend no less than 5 servings and up to 9 full servings of vine ripened fruits and vegetables each and every day.

Even if you could find these super phytochemically enriched foods, you would pay a lot of money just to have them each day for you and your family. That is...if you could find them, which you can't. We need as many phytochemicals as we can possibly get. The only way to do this is through phytonutritional supplementation. A ripe tomato alone carries over 300 phytochemicals, which you cannot get if it is un-ripened.

Be sure to see how for just 90 or so pennies a day you can enjoy the benefits of phytochemicals from 13 of the most powerful phytochemically packed foods so far discovered by mankind. That means you can get thousands of these precious life saving phytochemicals each and every day by simply visiting that web site. See the email addresses at the end of this document for a look at the products. Click on the appropriate one and you will be taken to see them.



HORMONAL SUPPORT

The 3rd science is that of the hormone system. Endocrine support through natural supplementation.

One or more different hormones regulate every single cell in the human body. What's the impact of this? Take these examples. When you are scared, hormones cause a release of adrenalin to help you run faster or fight harder. During the act of reproduction it is the hormones that cause sperm to be released. Menopause, Prostrate difficulties, Diabetes, Thyroid imbalances, Depression, Chronic fatigue, Sleep disorders; these are all governed by hormonal balances or imbalances within the human body. As we get older we suffer the plight of aging which means that our bodies slow down in the production of the optimal amounts of hormones we need. We drastically slow down producing the hormones that we need in the amounts we need them in for optimal health. The only safe way we can replenish our bodies with the tools and building blocks the body needs to maintain hormone production is through food.

The Mexican wild yam has been documented and used from the time of the Egyptians to help each individual person regulate their own hormonal balances. The only effective way to get these building blocks is through natural supplementation. See the email addresses at the end of this document for a look at the products. Click on the appropriate one and you will be taken to see them.

CLEANSING

The 4th science has to do with cleansing & support of the gut...intestinal support. It is believed that every health issue known to man has an absorption or mal absorption factor or deficiency. If you don't die of old age...then what you are eventually looking at is a future battle with a health issue involving your gut. See the email addresses at the end of this document for a look at the products. Click on the appropriate one and you will be taken to see them. You will want to see the section that deals with cleansing. For cleansing you need something to provide a healthy environment for the intestinal tract.



VITAMINS & MINERALS IN A FOOD FORM MATRIX

The 5th science is that of metabolic profiling...creating the correct delivery system for food and nutrients via a specially formulated blend of food form vitamins and minerals suited to your specific metabolic profile. What's good for an Eskimo diet may not necessarily be good for a vegetarian east Indian and vice versa. Do you know which metabolic profile you are? You can find out "on - line" for FREE by visiting the **product categories section** of the web site you can get via your email. See the email addresses at the end of this document for a look at the products. Click on the appropriate one and you will be taken to see them. Once on the site, you will be looking at the Vitamin and Mineral information where you can conduct a Free online metabolic profile survey. Metabolic Profiling is based on 20 years and 30,000 computer assays by doctor William Kelly who is famous because he was documented cured himself of pancreatic cancer in the early 1980's just by using food.

In 1965 Dr. William Kelly, a dentist was diagnosed with terminal pancreatic cancer. Because of his a long time interest in nutrition he decided to design his own therapy, which sent his cancer into remission. With continued investigation he developed his own "nutritional metabolic therapy program". Dr. Kelly's patients did detox along with special diet and pancreatic enzymes.

His therapy gained credibility through Nicholas Gonzalez, MD of New York. As a layman Kelly outlined his program in the book, One Answer to Cancer. But, the

medical community stomped on that and applied pressure on the government to stop the publication. They finally got their way in 1971.

Kelly's cancer theory goes like this: cancer starts with the body's inability to break down and use protein, resulting in tumors. Even when tumors are removed if the underlying cause of the problem is not corrected the cancer will spread. Since the pancreas breaks down proteins, individuals deficient in pancreatic enzymes would probably be cancer prone. You can read in the book how the therapy works. Researchers have also upheld his program.

What we have just covered in this newsletter to this point represents an optimal health plan that everyone needs to consider for optimal health based on scientific studies using the 5 sciences we just talked about. You can see these studies on line now over your computer by typing this address into your computer's browser: www.glycoscience.com.



5 EASY SCIENCES – BASIC CELLULAR SUPPORT

I have included a summary section here for the five sciences we just covered which has been prepared by **Dr. Michael Schlachter** whom I wish to acknowledge.



WHAT & HOW TO TAKE YOUR SUPPLEMENTS

This is a simplified & basic starting point for nutritional supplementation. It does not represent a complete process you will learn more. There are five areas of cellular function that need proper support for proper function. Everything that you need to support these functions should be in the air, water & food but they are not that is why supplements in today's society are an absolute requirement due to poor nutrient content of food & the toxins in our environment. These types of products do not act alone nor do they have only one type of action in the body. Even if you start with just one product, you will receive benefit. Later you can decide to take more. Also know this: These Are Not A Cure or Treatment For Any Medical Disease. Nutritional supplements such as these do not take the place of proper medical evaluation and therapy.



BEGIN WITH KNOWLEDGE

The cell is the basic unit of the body. Make healthy cells, you will have a healthy body. The five basic functions of the cell needing support are: **(1)** identification **(2)** defense **(3)** cleansing **(4)** endocrine & **(5)** nutrition. Identification support is pivotal no matter what other supplements you decide to take. Your first goal: support the first 3 functions for basic optimal health. Other recommendations are listed at the end of this paper.

IDENTIFICATION

Glyconutrients: Also known as monosaccharides, form the basic cellular language of all cells; proper amounts allow cells to communicate. These types of nutrients have been shown to improve the immune system & improve the antioxidant levels inside the cells. Examples of immune system malfunction include allergies, cancer, lupus, & asthma.

DEFENSE

Phytochemicals: There are over 10,000 in number known to date; found in plants (vegetables & fruits) which are pivotal for immune system functioning, heart disease prevention, and cancer fighting activity. They include free radical scavengers and anti-oxidants. They have overlapping duties with the glyconutrients. Example: lycopenes for the prostate.

CLEANSING

Proper cellular functioning requires molecules that bind to toxins and excrete them in the stool or urine. For this reason, support for the intestinal tract is pivotal (80% of the immune system resides here). Ingestion of essential fatty acids, probiotics and fiber is essential. Cleansing can help things such as inflammatory bowel disease, spastic colon (irritable bowel).

ENDOCRINE

Phytogenins: Proper cellular functioning requires molecules that provide proper endocrine function. This includes the 70+ different hormones that help regulate the body. Examples include DHEA, progesterone, testosterone, etc. Significant benefit can be seen with ingestion of a standardized wild yam (Beta Sitosterol Complex). Helpful in hormonal imbalance for example: menopause.

NUTRITION

Minerals & Vitamins: Of utmost importance, these minerals and vitamins must be ingested in food form. Also, you should take a metabolic profile test to identify which combination of foods (proteins, fats, & carbohydrates) you should ingest.

GENERAL COMMENTS

When you make fundamental changes in your diet, such is the case with these supplements, your body will undergo a change. Sometimes all that is experienced is the ideal reaction. At others, this change is preceded by a reaction of the body ridding itself of toxins and changing the way cells communicate. Some call this a "cleansing crisis", or "toxic reaction". Probably the best way to think about this is to remember what the body initially goes through when you begin an exercise regimen after a long period of inactivity. You often experience aches and pains as your body adjusts. The same type of process holds true when the body has been in a nutritionally "inactive" state.



THE IDEAL REACTION

The ideal reaction is the gradual development of an increased sense of well being. At first you will notice that you do not tire so easily, then more sustained energy during the day, and you will not become tired so early in the evening. Your sense of well being will increase and you will begin to feel more emotionally and psychologically secure. Little things do not bother you as the once did.

CORRECTING REACTIONS CONCEPTS

In a significant minority of folk, a number of uncomfortable reactions occur while the body attempts to physiologically balance the body chemistry and revitalize the immune system through the support of cellular communication. The longer the deficiencies have existed, the more prevalent the response is likely to be. Corrective reactions that may occur include: fever, rash or hives, excessive gas, runny nose, headaches, insomnia, increased thirst, weakness, lethargy, loss of appetite, nausea, diarrhea, fever blisters, dry mouth, canker sores, constipation, dizziness, nervousness, and various body aches and pains in joints and muscles. When these reactions occur, you can be assured your body is making positive changes toward an improved state of health. By recognizing these as part of the correcting crises, it will be easier to accept them as steps on the road to better health. These conditions are a small price to pay for long-lasting benefits.

REASONS FOR REACTIONS

Immune Response: When your body is exposed to long periods of emotional, physical and environmental stress (heavy metal, petrochemical, and other chemical exposures) combined with an inappropriate diet, your natural defense system can become compromised and less efficient. When the immune system is restored, the reactions may come in the form of flu-like symptoms.

Toxic Dump: The human body has an amazing cleansing system for eliminating toxins that accumulate in the body. This system can also become inefficient and allow toxins to build up and be stored, especially in body fat, rather than be eliminated. Once this natural cleansing system begins to work more efficiently, reactions can occur. These reactions result from the stored toxins being released faster than the liver, kidneys, skin and lungs can remove them from the body. These reactions can include loss of appetite, nausea, headaches and swelling in various lymph glands throughout the body.

Allergic-type reactions: Allergic-type reactions can be caused by a deficiency of hydrochloric acid in the stomach and/or by dysfunctional or exhausted liver and adrenal glands. An allergic-type reaction can include skin rashes and shortness of breath.

WHAT TO DO

Attempt to drink at least one quart of water, or a combination of fruit and vegetable juices, per 100 pounds of body weight per day. This will help flush out the toxins and contribute to the natural cleansing of the kidneys.

Increase your intake of fruits, vegetables, and bran from cereals. This can help accelerate the removal of toxins of any type.

Include an activity component in your daily routine. Walking for 15 minutes is a good place to start. Exercise is another good way to support detoxification.

If the reaction is too strong for you to tolerate, you can reduce or even discontinue the supplements for a couple of days and then gradually build back up to the recommended amounts. This routine may need to be repeated depending on the depleted condition of your body and the amount of repair needed at the cellular level.

WHAT DO I DO ABOUT SPECIFIC DISEASES?

If you are taking medications for a disease and you change your nutrition, your requirements for medications may change. It is important that you follow the instructions from your doctor on changes of medication. These types of products are not recommended at this time for specific diseases. However, certain diseases are known to have deficiencies in certain cellular functions (one or more of the five noted above) and extra nutritional support could logically be given but remember, this is NOT A TREATMENT.

SUMMARY OF RECOMMENDATIONS

IDENTIFICATION: Glyconutrients (monosaccharides). Ambrotose
Maintenance: 1 capsule 2 times a day (1/4 tsp 2 times a day).
Medical Challenge: 1 tsp 2 times a day (4 caps 2 times a day).
Severe Medical Challenge: 4 tsp to 4 tbs, or more, 4 times a day.

DEFENSE: Phytochemicals (antioxidants). Phytonutrients
Maintenance: 1 capsule 2 times a day (1/4 tsp a day)
Medical Challenge: 2 capsules 3 times a day (1/2 tsp 2 times a day)
Severe Medical Challenge: 1 to 2 tsp 2 times a day

ENDOCRINE: Beta Sitosterol Complex (Mexican yam). Endocrine system product
Maintenance: 1 capsule 3 times a day
Medical Challenge: 2 capsules 3 times a day
Severe Medical Challenge: 3 capsules 3 times a day

NUTRITION: Minerals and Vitamins (Food Form Type). Metabolic Type Profile
Vitamins
Maintenance: 1 capsule 4 times a day
Medical Challenge: 1 capsule 4 times a day
Severe Medical Challenge: 2 capsules 3 times a day

CLEANSING: (Intestinal support) take with 8 ounces of Water. Cleansing.
Maintenance: 4 capsules @ bedtime, empty stomach
Medical Challenge: 4 capsules 2 times a day, empty stomach
Severe Medical Challenge: 4 capsules 2 times a day, empty stomach

Maintenance = Prevention

Medical Challenge = illness now or illness in the past though not an immediate threat to life

Severe Medical Challenge = illness that you expect severe compromise or death within 6 months

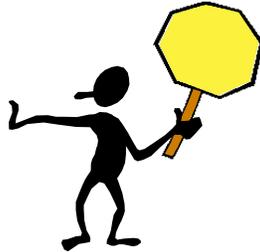


WARNING: The above are targets or goals not absolutes
Work up to larger amounts by starting 1/4 teaspoon 2 times a day and increase every 3 to 7 days to target amount.

When using symptoms as an indicator for taking more (or less product), make changes in 2 to 4 week intervals.

Remember that it may take 3 to 6 months for some to change their body's functioning, for others, it may take 1 to 2 years.

Once you see the desired effect, it may be possible to reduce to amounts by following the same rules as above. But REMEMBER once you start, never quit the products because your body needs them to function properly.



WARNING: THIS INFORMATION IS NOT MEANT TO TREAT, MITIGATE, OR AMELIORATE ANY MEDICAL CONDITION. ALWAYS CONSULT YOUR DOCTOR FOR A MEDICAL QUESTION, PROBLEM OR DIAGNOSIS.

God Bless You,

Dr. Alex Omelchuk

Dr. Alex Omelchuk, Dip. Ed., MD, LMCC, CCFP, FCFP.

PS...

If you have not had a chance to see the products up close then feel free to do so now. Click on the appropriate link below that corresponds to the web site you initially visited.

NOTE: If you type any of the above links into your browser please remember that the “@” precedes the word “at” in the email address.

Products@AllergySymptoms.com

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Products@ChronicFatigueSyndromeSymptoms.com

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