



Volume III



The Doctor's Corner

Your source for natural news and quality products

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Infectious Disease, Antibiotics vs. Probiotics!

Most people don't understand that we are in the midst of an unsettling health epidemic—one that should never have occurred. In 1968, infectious diseases had all but been eliminated, and didn't even make the list of "top ten killers" in the United States. Yet, in the past 20 years, the re-emergence of these diseases and the rise of strains of super germs have created a problem that we each need to be concerned about.

An analogy to help develop an understanding of the ecological perspective of infectious disease can be developed from the situation of mosquitoes and swamps. It is commonly known that mosquitoes infest swamps because swamps are the perfect breeding ground for the mosquitoes. If you release a jar of mosquitoes into the air in the middle of the desert they will not survive nor will they build a swamp. But if the swamp exists you can bet mosquitoes are not far behind.

A farmer might try to rid his land of mosquitoes by spraying insecticide over the swamps. If lucky, he will kill all the mosquitoes. However, because the swamp is still a swamp, it is still a perfect environment for new mosquitoes to fly in and to lay their eggs. The farmer then sprays his insecticide again, only to find that more mosquitoes infest the swamp. Over time, some mosquitoes do not get sprayed with fatal doses of the insecticide. Instead,

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The Wonder of Probiotics



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Enhance Weight Loss,
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they adapt to the insecticide that they have ingested, and with each generation they are able to pass an increased immunity to the insecticide on to their offspring. Soon, the farmer must use stronger and stronger varieties of insecticide, but as the result of their adaptation, some mosquitoes are able to survive, despite exposure to the insecticide. Similarly, finding streptococcus in a child's throat does not necessarily mean that the strep "caused" a sore throat, any more than one could say that the swamp "caused" the mosquitoes. Streptococcus often inhabits the throat of healthy people without leading to a sore throat. Symptoms of strep throat only begin if there are favorable conditions for the strep to reproduce rapidly and aggressively

invade the throat tissue. Strep, like mosquitoes, will only settle and grow in conditions which are conducive for them.

The child with the strep throat generally gets treated with antibiotics. Although the antibiotics may be effective in getting rid of the bacteria temporarily (like killing off the mosquitoes), they do not change the factors that led to the infection in the first place. When the farmer sprays with insecticide or the physician prescribes antibiotics but doesn't change the conditions which created the problem, the mosquitoes and the bacteria are able to return to those environments that are favorable for their growth.

To make matters worse, the antibiotics kill the beneficial bacteria along with the harmful bacteria. Since the beneficial bacteria play an important role in digestion, the individual's ability to assimilate necessary nutrients to his body is temporarily limited, ultimately making him more prone to re-infection or other illness in the meantime. With the overuse of antibiotics these good guy bacteria die off and leave behind a literal wasteland of vacant tissue and organs. These sites, previously occupied with normal bacteria, are now free to be colonized with new disease causing bacteria.

Just 15-20 years ago penicillin was virtually always successful in treating gonorrhea. Now that is not the case.

Antibiotics are being too freely prescribed, and the public does not understand the recourse when the antibiotics don't destroy all the germs they were meant to kill. A lot of times the antibiotic only destroys the

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weak germs and the strong ones live to become even more resistant to future doses of antibiotics.

Pro-Biotics, a viable approach!

First of all, we need to understand the importance of keeping the friendly bacteria levels filled up so that all of the parking

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places that should be inhabited by these immune boosting micro-organisms are occupied. If the friendly bacteria are destroyed by antibiotics or other factors like stress, alcohol, smoking etc, then pathogenic bacteria can fill those parking places and start a tailgate party that will keep you sick in bed while they have a great time. The key to this silly analogy is to take a probiotic (friendly bacteria) supplement on a daily basis preferably with each meal. It is important to look for a supplement that contains stabilized bacteria. This is bacteria that have been researched to prove its effectiveness.

Friendly bacteria (pro-biotics) are critical to the strength of our immune system. When probiotics are growing and flourishing in the body the super germs or pathogenic bacteria have no place to implant and grow. If our probiotic levels are up, then the pathogenic bacteria have to go right through our system without doing any damage or making us sick.

Know your Enemy: Processed Fats & Sugars!

Heart disease the number one killer of Americans today-has been directly linked to

the intake of processed fats and high-sugar diets. Other afflictions such as obesity, diabetes, hypoglycemia, and even certain cancers are also often the result of the body's inability to digest and metabolize the processed fats and sugars that are so prevalent in the average American's diet.

Fried, processed and hydrogenated fats, especially, are very hard for the body to break down into a usable form. If your body is unable to digest the fat, it will store it as excess in the bloodstream (known as high cholesterol and triglycerides).

Lipase is the only thing on the planet that actually digests fat. Lipase is an enzyme. It is very common for people to be deficient in lipase. All people consume fats, but they are eating cooked or processed fats, so the foods no longer contain their own enzymes (lipase) to break it down. Thus, the body has no way to digest and utilize the food. So, it is stored as excess and can wreak havoc on the body.

Supplementing with lipase when consuming fatty foods will help your body digest the bad fats and use what good nutrients are available. Many people have had great success by utilizing lipase to help lower cholesterol and high blood pressure by digesting the undigested fats that have been stored in the blood stream.

Balance and Burn®

The most complete fat digester and blood sugar support system available.



\$49.99 per single 200 Count Bottle.
Balance-Pack \$149.97

Consumption of processed sugars like corn syrup (like those in sodas) or plain table sugar creates insulin surges and sudden, unstable swings in blood sugar because the body has no way to digest them. All foods that are cooked or processed at 118 degrees or more contain ZERO enzymes, which make it nearly impossible for the body to digest and utilize them. If you choose to eat a diet that is high in processed fat and sugar, you should at least assist your body and give it the nutrients it needs to digest fat and regulate

your blood sugar. Even if your diet is "usually good," you should still utilize appropriate supplements during the times your diet is less-than-perfect.

Another essential ingredient in helping your body digest refined fats and sugars is chromium. Chromium is a mineral that stimulates glucose receptor sites and is helpful for balancing and supporting normal blood sugar levels.

Balance and Burn® from NWC contains both lipase and a patented chromium, along with other powerful nutrients proven to help with digesting fat, regulating blood sugar levels, and lowering cholesterol. The chromium in Balance and Burn® is a patented form of "chelated" chromium and is more powerful than chromium picolinate and other synthetics. Synthetics are cheaper to manufacture and much less effective.

Are Synthetic Vitamins Making you sick? Try Whole Food Vitamins Instead of Synthetics!

Research has proven time and time again that vitamins from all-natural whole food sources are easier for your body to absorb, safer, and more effective than laboratory created synthetic or crystalline vitamins. All-natural whole-foods are alive, vibrant, have all the nutritional co-factors and phytonutrients found in nature, and are full of the life giving energy you take supplements for. **Synthetic vitamins are "essentially dead", inert, cheaper and potentially dangerous.**

So why isn't natural whole-food vitamins used in all nutritional supplements? Primarily due to their higher cost and the challenge they present in the nutritional "label wars" game. For example, Amla and Acerola Cherry are vastly superior sources of vitamin C than is ascorbic acid. But they cost 10 to 20 times more per mg!

What's more, only small dosages are needed to fulfill the body's needs verses the huge doses of ascorbic acid needed, and therefore they don't "compare" well on the federally regulated nutritional supplement label. Can you imagine the difficulty in convincing a novice vitamin buyer that 25 mg of Amla is better for their body than 1000 mg of ascorbic acid? Yet it's true. Unfortunately not many manufacturers are willing to go through the effort necessary to educate the consumer on why he or she should take all-natural whole-food supplements when they cost more, and seemingly "appear to deliver less."

The Total-Nutrition Program™ is the most complete whole food multi-vitamin mineral in the world.



- Whole Food Vitamins
- Chelated Minerals
- Antioxidants
- Super food Greens
- Digestive Enzymes
- Pro-Biotics

Furthermore, and most importantly, synthetic vitamins are not really vitamins at all. They are fractions of vitamins. For example, natural vitamin C is whole and complete, but ascorbic acid, which is the vitamin C used in most supplements, is missing Rutin, Bioflavonoids and the "J and K" factors. Because these vital nutrient cofactors are missing, the supplement will actually "rob" the missing elements from bodily tissues and bones. Thus, taking vitamins other than all-natural whole-food vitamins can actually create a vitamin deficiency in your body!

Here's a hint of how to ensure you're buying healthy all natural, whole-food vitamins. Read the label, and look for ingredient names that are from natural foods or plants. Names such as wheat germ, brewers yeast, green pepper, orange peel, rose hips,

Vitamin C Note:

Natural Wellness Centers of America Inc. will never include ascorbic acid which is synthetically made from corn syrup in any of our formulas. We only use whole food ingredients like Amla Fruit, Kiwi Fruit, Acerola Cherries, Green Pepper, and other organic food sources.

safflower oil, Acerola cherry, shiitake mushroom, alfalfa, black strap molasses Dunaliella Salina, wild yam, carrot, rice bran, chickweed, wheat grass, Amla fruit,

barley grass, nettles, algae, kelp, fructose, pine park, grape seed extract, turmeric, etc.

The laboratory created synthetic vitamins are easy to recognize too. They have names that sound like a chemist created them.

Protect your body and stay away from vitamins with chemical names such as acetate, palmitate, thiamin mononitrate, thiamin hydrochloride, riboflavin, pyridoxine hydrochloride pteroylglutamic acid, calcium pantothenate, choline, d-biotin, niacin, para-aminobenzoic acid, irradiated ergosterol pantothenic acid, ascorbic acid, alpha-tocopherol, citrates, ascorbates, etc. Go to www.NWCnaturals.com for a complete chart so you can read vitamin labels like a pro and not be misled by tricky labels.

At NWC Inc. we use only 100% all-natural whole-food ingredients in all of our products. Although whole-food ingredients up-front cost is more than synthetic vitamins, their realized cost is far less, because they are infinitely better for you, providing your body with nutrients in the exact form Nature intended. With NWC products you really get what you pay for – optimal health and vitality, and isn't that why you take supplements in the first place?



New Study Shows "Protective Action" of Ultra-Pure MSM™ on Joint Cartilage

Researchers from the University of California-San Diego announced at the 2007 World Congress of Osteoarthritis new findings suggesting methsulfonylethane (MSM) may protect articular (joint) cartilage and reduce inflammation in early osteoarthritis. The research focused on specific genes, called cytokines, associated with the progression of osteoarthritis. Researchers found that MSM acts as a barrier, protecting cartilage from further degradation from cytokines and other destructive enzymes. Researchers note that additional studies are needed to determine an optimum amount to produce the effect in humans. An abstract of the study will be available in the peer-reviewed *Osteoarthritis and Cartilage Journal*.



The Truth About Effective Calcium Supplementation.

A current television commercial states that a particular brand of antacid not only relieves upset stomach, but also delivers something else that a body needs: Calcium!! On the surface, this product seems to be a good value for the consumer. The advertising campaign for this antacid has been successful, but this success may have come at the expense of the consumer's health. The active ingredient in this antacid/calcium supplement is **calcium carbonate**. This is the same calcium used to make **DRYWALL**. It is the cheapest and most commonly used source of calcium in supplements today because it is inexpensive and has high elemental calcium content. With the recommended dietary intake of calcium being 1000 mg, it is much easier to sell the consumer these products with a single dose of a couple of tablets.

MSM Gold®

Incredible systemic enzyme formula with Turmeric, Lycopenes, Whole food Vitamin C and MSM.



\$34.99 per single 100 Ct. Gold-Pack \$104.97 Four bottles for the price of three!

This is an easy solution.... but is it effective?

What Really Determines Effective Calcium Supplementation?

Effective calcium supplementation should include a source of calcium that:

- **Is safe**
- **Is bioavailable**
- **Is retained in tissues**
- **Has correct dosage**
- **Is balanced with other nutrients.**

Tolerance and safety are of course crucial and obviously all the above factors are very important to effective dietary calcium supplementation. Effective dietary calcium supplementation is not a program that one undertakes for only one month, or even one year. Effective calcium supplementation is a lifestyle commitment to improved health.

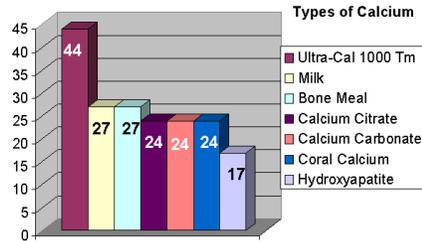
If a calcium supplement exhibits poor tolerance or lack of safety, how can one be expected to use it throughout life?

Here is a list of common non-chelated calcium sources.

- Drywall chalk
- Calcium carbonate
- Calcium malate
- Calcium citrate
- Calcium Hydroxyapatite
- Calcium ascorbates
- Coral Calcium
- Calcium gluconate

Calcium Safety

The above listed calcium's are all considered calcium salts. All non-chelated calcium salts may cause constipation, but in the elderly, certain salts, including calcium carbonate, have been shown to cause diarrhea. Other side effects of calcium salts include flatulence, nausea, and bloating. Calcium chloride may produce even more gastrointestinal irritation than other forms of calcium, and yet when hydrochloric acid in the stomach enters into a chemical reaction with **all soluble forms of calcium salts it creates the compound "calcium chloride."** Calcium carbonate, the source of the antacid mentioned above, is known to cause rapid and potent neutralization of stomach acid, but it is not recommended for prolonged use, due to a potential for systemic side effects. You will not get any side bad effects with any of NWC's calcium products because **the calcium used exclusively in all NWC's formulas, (Albion's patented Calcium Chelazome ®) is superior in building bones, preventing colon cancer, aiding in weight loss programs, helping to induce restful deep sleep and more, with no bad side effects.**



to five hours after ingestion. In other words it neutralizes the acid and actually **STOPS DIGESTION**, but then the body reacts by producing extra acid to compensate. This acid rebound is most likely due to a local effect on the acid pumps in the stomach. Continued use of calcium carbonate has been associated with milk-alkali syndrome, which can cause:

- **Hypercalcemia,**
- **Metabolic alkalosis**
- **Kidney Stones**
- **As well as Kidney failure**

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The highest grade, purest, safest calcium available. Your body deserves Ultra-Cal 1000™

\$49.99 per single 200 Ct. Osteo-Pack \$149.97 Four bottles for

Different forms of this syndrome have been described in medical literature. The different forms of this syndrome are determined by the duration and magnitude of calcium carbonate ingested.

Professor Heaney at Creighton University has demonstrated that the calcium exclusively used in all of NWC's formulas (Albion's patented Calcium Chelazome ®) is very soluble in gastric juices, and also has the greatest degree of absorption compared to other forms of calcium. NWC's calcium formulas include:

- **Ultra-Cal 1000™**
- **Total-Nutrition Program™**

The secret mathematics of inferior non-chelated calcium labels.

1,000 milligrams of Calcium Citrate yields 21% Calcium (210 milligrams of Calcium) Out of the 210 milligrams of Calcium, if it is absorbed at 20%, then your body will absorb 42 milligrams into the bloodstream. **In this example, after taking 1000 milligrams of Calcium Citrate, your body absorbs only 42 milligrams into the bloodstream.**

NWC's formulas have all been proven to remain intact in the digestive system and are absorbed intact as food grade chelates. This gives the **maximum benefit** with absolutely **no** possibility of any harmful side effects. **What you see on the label is what you get delivered to your blood stream!**

Is eating raw food really healthier?

Raw fruits and vegetables (usually referred to as 'live' foods) provide biologically-active components called enzymes, which play an active role in all metabolic activities in the body. Without enzymes, the body cannot utilize protein, fats, carbohydrates and vitamins in food into the bone, hair, skin, muscles, glands and hormones.

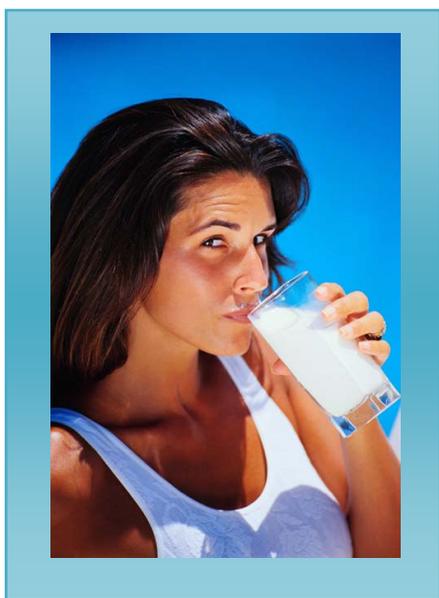
The body absorbs the vitamins and minerals present in fresh and raw foods better than from synthetic vitamins and refined and processed foods. Since these enzymes and nutrients are extremely sensitive to heat and get destroyed during the process of cooking, we should try to incorporate raw foods in our diet. Foods rich in enzymes such as papaya, pineapple, cabbage, radish, beetroot and raw sprouts should be consumed frequently. When you do not consume enough raw foods make sure to supplement with Ultra-Enzyme Support® to put those enzymes back into the food we eat. This will prevent a multitude of health issues and increase our nutritional density.



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You will never get acid rebound with **Ultra-Cal 1000™** like you will get with calcium carbonate and other mineral salts which are also associated with acid rebound. Acid rebound induces gastric secretion that is markedly increased by food. Calcium carbonate has been shown to actually increase stomach acid production for three