



Your Nutrition Healthletter

# Neo-Life's Formula IV

*A Rare Medically Researched Nutrition Formula*

McAfee's Neo-Life Center

© 1991 James W. McAfee

1271 High St. • Auburn, Ca. 95603 • Ph: (916) 823-7092 • 1-800-359-6091(Order only)

## Notice

This newsletter is designed for educational purposes only. Any individual suffering from health problems which are mentioned or discussed should consult a physician for proper diagnosis and treatment.

## World's Best Food Supplement?

Neo-Life Formula IV, its infant form Liqui-Vite, and the packages derived from it (Stress 30, Sports 30, and Active 40+) may well be the best food supplements available in the world. Let's look at some of the reasons why I am so bold as to make this assertion.

## Twelve Years Medical Research

Formula IV grew out of 12 years of medical research from 1946-1958. This large scale research project was attempting to figure out why so many people in our modern world feel fatigued all the time. It took years of research before the scientists working on the project understood the dimensions of the problem and where the solution lay hidden.

Scientists working with an instrument called the polarigraph, for the development of which Professor Jaroslov Heyrovsky of Charles University was awarded the Nobel Prize in Chemistry in 1959, learned that humans were suffering a decline in hormone activity which was not shared by animals. It was this erosion of endocrine functioning which seemed to be contributing to chronic fatigue and exhaustion as well as to many degenerative diseases.

Many vitamin and mineral products as well as foods were used to try to reverse the negative trends which were observed. All these failed. *Included in the supplements tried were some which are quite popular today.*

The researchers reasoned that the human diet had changed in a major way in the 1880's with the

development of the steel roller mill in Hungary. Surely foods had been processed before this, but never so thoroughly and completely. Now *processed* wheat and other grains were to become available to all of the modern world. The results were not to be favorable health-wise.

## Implications of Malnutrition Illustrated

On May 27, 1905 a crucial naval battle took place between Japan and Russia. The Japanese crushed the Russian navy and became a world power giving them the confidence which led to their involvement in World War II. The Russian defeat so demoralized the government that it probably contributed to the Communist takeover in 1917.

The outcome of this war was probably the result of a nutritional lesson the Japanese learned. In the 1880's the Japanese navy ate white rice. This led to an affliction called beri-beri which is a Singhalese word meaning "I can't." The name appropriately describes the lack of energy, digestive distress, weakened muscles, tortured nerves and loss of morale the deficiency causes.

After the advent of polished rice it was not uncommon for the Japanese to have 75% of the crew of a ship in the sick bay with beri-beri. Mortality rates averaged 40% on any long voyage. In 1880 the nation lost 35% of its navel personnel to the disease. In 1881 it was 25%, and in 1882 it was 40%.

At this point the Japanese began to in-



investigate the nutritional origins of the problem. In 1884 the polished rice began to be removed from the naval rations. By 1887 there were no more deaths from beri-beri. The Japanese were able to efficiently train their naval personnel and subsequently defeat the Russian navy in 1905, becoming a major world power.

### Grain Oil Concentrates

Refining of grains removed not only vitamin B1, lack of which caused beri-beri as described above, but also fiber and essential oils. Much attention in nutritional circles has focused on restoring to the diet via fortification the vitamins and minerals removed with processing of foods. More recently, attention has begun to focus on fiber. Largely neglected, even today, is the role of essential oils found in grains which are raw materials for cell structure, brain and nerve function, and synthesis of the different hormones needed by the body.

The Neo-Life *Tre-en-en*<sup>®</sup> (three-in-one) grain oils grew out of 12 years of investigation of the needs of the human body for this kind of nutrition. Each two capsules are the equivalent of eating 2 1/2 pounds of the whole grains. The capsules consist of a concentration of the high quality lipids and sterols from wheat, rice, and soybeans—a natural grain and legume concentrate. In the original research people were often given more than two capsules a day, resulting in an intake of these essential oils far in excess of what would normally be consumed even with a diet of whole grains!

### A Tested Product

The Neo-Life *Tre-en-en*<sup>®</sup> grain oil concentrates were originally tested on both sick people and also on athletes. This testing demonstrated remarkable benefits for both the sickest and the healthiest among us. Extensive animal studies have also been done. The grain oils in these products have what are called “anabolic” characteristics. They help animals build muscle and bone.

### A Coal Wholesaler Discovers Nutrition

In the early days of the research on the grain oil concentrates a man who was selling coal heard of the research from a medical detail man. This man's wife had suffered for years with an excruciatingly painful case of rheumatoid arthritis—it was so bad she could not stand the pressure of the sheets on her bed at night.

When this man heard of the research that was going on at a large hospital in southern California

he had hope that perhaps this new form of supplementation would benefit his wife. He quit his job and started working with the doctors doing the grain oil research. His wife became a guinea pig in the course of this research. Over a period of a couple of years she dramatically improved with this form of supplementation.

### A Company is Born

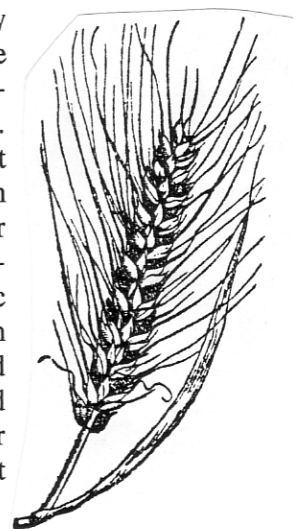
When the research was completed, this man and his wife began the Neo-Life company. His desire was to sell to doctors. Unfortunately, his efforts did not meet with much success. As a result of this the grain oil product was passed on to a pots and pans salesman who reasoned that if the nutrients were not in the food it did little good to cook it properly with waterless cookware.

This man was named Don Pickett and he did not let the rejection of the medical profession discourage him from carrying the message of nutrition to the world. He simply made this a direct marketing product, concluding that the product would require explanation for people to understand the difference between this and other supplements on the market that consisted of vitamins and minerals alone.

### Hormone Balance

In the early days of the newly formed company it was realized that it was important to demonstrate that grain oils had endocrine activity in animals. Animal research could be more safely shared with the man in the street than health claims affecting people. The FDA in the 1960's was quite hostile to any health claims for any nutrient. In 1962 a key study was conducted on rats to demonstrate endocrine benefits of grain oil supplementation even for animals considered well-nourished.

The results of this early study were impressive. The study was repeated and expanded considerably in 1987. This later study showed that adrenal activity of animals on grain oils increased 175% over controls. Estrogenic activity increased 234% and androgenic activity increased 155%. An associated study demonstrated increased overall growth and development, cardiovascular development, and nutrient utilization efficiency.



## Significance of Estrogen

One of the most dramatic areas of influence in these animal studies was in regard to the estrogens. Estrogenic function of laboratory rats as measured by uterine weight improves 234% as a result of the addition of the grain oils to the diet. Work in this area has demonstrated that nutritional supply of these substances does not stimulate hormones in an artificial way, but rather restores natural balances and improves overall function.

### Medical Research on Breast Cancer

Just how significant estrogenic balance can be is indicated by an article in the *Journal of the American Medical Association* (June 27, 1966) entitled "Reduced Estriol Excretion in Patients With Breast Cancer Prior to Endocrine Therapy" by Henry Lemon. In this article Lemon notes,

"Premenopausal and postmenopausal patients with proved carcinoma of the breast prior to endocrine therapy excreted on an average 30% to 60% less estriol per 24 hours than did the noncancer control population."

It seems that estriol, one of the primary estrogens in the female protects against breast cancer. When it is reduced as a result of inadequate nutrition or other factors the risk of breast cancer goes way up. Grain oil concentrates, because they help to preserve normal estrogen production and balance, may play a preventive role against one of the scourges of the modern American woman. (Cancer of the breast develops in about 6% of all white women.)

## Significance of the Adrenal

### Sugar Increases Adrenal Hormones

John Yudkin notes the powerful ability of sugar to alter hormone levels. He writes,

sucrose...can cause a rise of 50% in the level of insulin in fasting blood, and a rise of 300%-400% in the level of corticosteroids....the one property of sucrose that today most seriously calls into question the general assumption that it is a completely innocuous component of



our diet, is its effects on hormone levels. (Yudkin, John, "Sugar and Disease", *Nature*, September 22, 1972.)

Yudkin's quote indicates that sugar is a potent stressor to the body eliciting powerful adrenal hormones associated with stress.

### Selye: Adrenal Hormones are Addicting

These stress hormones can be addicting. Dr. Hans Selye, the father of the stress concept, wrote,

"The fact is that a man can be intoxicated with his own stress hormones. I venture to say that this sort of drunkenness has caused much more harm to society than the other kind." (Selye, Hans, *The Stress of Life*, New York: McGraw-Hill Company, c. 1956, p. 92.)

Dr. Archibald Hart agrees with Selye. He writes,

"...it is actually possible for us to become addicted to our own adrenalin! We can get hooked on the pleasurable 'high' that comes from the workings of the body's defense system....Because the adrenalin response can be intensely pleasurable, however, and human beings have a tendency to become dependent on anything pleasurable, it is possible for us to become hooked on the 'adrenalin high' to the point that we crave it over and over....When we are deprived of the adrenalin high we suffer from 'withdrawal'- a 'post-adrenalin depression.'" (Hart, Archibald, *Adrenalin & Stress*, Waco, Texas: Word Books, 1986, p. 86.)

TYPE OF TEST	PARAMETERS MEASURED	TEST MATERIAL ADMINISTERED	FINDINGS
Adrenal Activity	Liver Glycogen	Control Tre-en-en®	100% 175%
Estrogenic Activity	Uterus Weight	Control Tre-en-en®	100% 234%
Androgenic Activity	Prostate Weight	Control Tre-en-en®	100% 155%

## Addicting as Heroin

Effects on hormone chemistry may partially explain sugar's addicting properties. Abram Hoffer writes,

"Refined sugar is particularly insidious since it produces addiction as severe as any drug addiction. The only difference between heroin addiction and sugar addiction is that sugar doesn't need injection, is readily consumable because of its availability, and isn't considered a social evil. However, the strength of sugar addiction is just as strong as heroin addiction. One of my patients, a seven-year-old boy, exemplifies sugar addiction. He would sneak into the kitchen at three a.m. to steal handfuls of white crystalline sugar. Many adolescents grab for sweets even though they notice their behavior is normal when they avoid sugar and pathological when they consume it...."

Sugar addiction provides typical addiction withdrawal symptoms as severe as those accompanying withdrawal from drugs. During the withdrawal any food could activate symptoms. Too quick a withdrawal will see the patient develop severe depression or anxiety....my treatment includes assessment of the degree of addiction and if it is great, I taper off the patient from sugar slowly." (Hoffer, Abram and Walker, Morton, *Orthomolecular Nutrition*, New Canaan, Conn.: Keats Publishing, 1978, p. 100)

## Adrenal Depletion Makes Us Sick

Constant stimulation of the adrenal gland with high sugar intake and other stresses leads to excessive activity and then exhaustion of the gland. The potential significance of this appeared in an article in *Scientific American* a number of years ago,

"Hans Selye of Montreal has grouped together **arthritis, hypertension and kidney disease** as a set of disorders resulting from derangement of the pituitary and adrenal system. The basic idea is that when the body is subjected to some general stress (such as extreme cold or shock), the adrenal cortex immediately releases and becomes temporarily depleted of its steroid hormones. If the stress continues, the anterior pituitary secretes so much ACTH (Adrenocorticotrophic hormone) as to overstimulate the adrenal cortex. This leads to pathological results including rheumatoid arthritis." (Zuckerman, Sir Solly, *Hormones, in Physiological Psychology*, ed. Richard F. Thompson, San Francisco: W. H. Freeman & Co., 1972, p. 182)

## Adrenal Exhaustion

John Tintera saw a tremendous significance in adrenal exhaustion whether its cause be excessive sugar consumption or something else. He said,

"I'm an endocrinologist. In more than twenty years of a busy practice with thousands of patients, I've yet to work with an allergic person whose troubles weren't basically due to his poorly functioning adrenals, or who wasn't relieved of all his allergic woes when his adrenals

were put into proper working order. Included among these patients were sufferers from asthma as well as from hay fever, people 'sensitive' to beef protein as well as those 'sensitive' to house dusts or to tomatoes or parsnips, or to whatever the so-called 'sensitizing agent' happened to be."

## Role of Formula IV

Hopefully, this discussion provides some understanding of why complete nutrition is important. It makes little sense to provide vitamins and minerals in a supplement and then omit essential lipids and sterols which provide supportive nutrition for the adrenals and other glands.

## Indications of Adrenal Exhaustion

Indications of adrenal exhaustion can include the following:

- Dizziness upon suddenly arising.
- Chronic Fatigue
- Hypoglycemia
- Too little fat is broken down. Can contribute to obesity.
- Weakness
- Loss of resistance to stress, trauma, infection
- Often excessive pituitary output of ACTH
- Rheumatoid arthritis
- Excessive pigmentation of skin or mucous membrane
- Strong cravings for salt (or sugar)
- Withdrawal of blood from the body's exterior
- Oily or shiny skin Dry Eyes
- Drooping eyelids
- Faulty depth perception. White shows under one eye.
- White shows under both eyes.
- Allergic reaction to fruit sugar, positive response to refined sugar.
- Pupils dilated or contracted or pupil fluctuates. Sensitivity to bright light.

