

# Office Hours 9:30 a.m.-5:00 or by Appointment

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## Latest Research on Allergies

Sniffles and Sneezes

## McAfee's Neo-Life • 1271 High St. • Auburn, Ca. 95603 Ph: (916) 823-7092 • Order Phone: 1-800-359-6091

#### 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.

#### Technical Information Page

## Allergy and Asthma Update

An incredible recent development in medicine points to the probable value of salmon oil for asthma, inhalent allergy and nasal congestion.

A recently developed substance called A-64077 has been shown to markedly improve allergy induced nasal congestion in volunteers. In another study asthma symptoms were decreased.<sup>2</sup>

Researchers are excited but cautious. Similar inhibiting compounds in the past have caused gastric ulceration and hypertension.

## Cause of Allergies Clarified

This research produced its incredible improvements by inhibiting something called 5-lipoxygenase. This substance is involved in the synthesis of another substance (leukotriene B4) thought to be involved in the allergic response.

The exciting part of this is that fish oils in generous quantities have been shown to reduce 5-lipoxygenase 48% and leukotriene B4 by 58% in healthy volunteers.<sup>3</sup>

This research gives us an explanation of why so many individuals who have used Neo-Life Salmon Oil have reported improvement in allergies or asthma.

## Quality of Neo-Life Salmon Oil

Neo-Life Salmon Oil is qualitatively superior from two standpoints. Firstly, potency is assured. A study by Tufts University found that 10 major brands of fish oil products on the market had only 38% of the active ingredient in the capsules that was listed on the label. Testing of Neo-Life found 100% or more from the time that the product was

introduced. The active ingredient in these oils is very fragile and readily destroyed by improper handing.

Udo Erasmus writes, "EPA and DHA are extremely sensitive to destruction by light, air, and heat — even more sensitive than LNA (linolenic acid), which is considered the 'prima donna' of the essential fatty acids because it is so emotional, so labile, so reactive."

An article in Science News notes that "for maximum efficacy, the fish oils must not undergo oxygen-mediated chemical reactions. Preventing oxidation can pose a challenge...because omega-3 fatty acids are extremely susceptible to it."

Neo-Life is also the only company I am aware of which routinely tests its fish oil product for contamination by pesticides and heavy metals. It is well known that pesticides like DDT and toxic metals like mercury have an affinity for fat and accumulate there. No pesticides, herbicides or heavy metals have been detected in Neo-Life Salmon Oil.

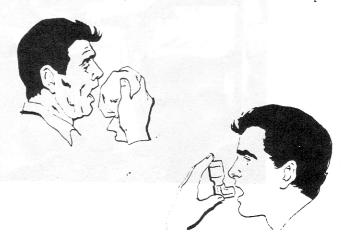
#### References:

1. Knapp, Howard, R., "Reduced Allergen-induced Nasal Congestion and Leukotriene Synthesis with an Orally Active 5-lipoxygenase Inhibitor," New England Journal of Medicine, v323, Dec. 20, 1990, p. 1745.

2. Stechschulte, Daniel, "Leukotrienes in Asthma and Allergic Rhinitis," The New England Journal of Medicine, v323, Dec. 20,

1990, p. 1769.

3. Lee, Tak H., et al., "Effect of Dietary Enrichment with Eicosapentaenoic and Docosahexaenoic Acids on In Vitro Neutrophil and Monocyte Leukotriene Generation and Neutrophil



Function," The New England Journal of Medicine, v312, May 9, 1985, p. 1215.

4. Diet and Nutrition Letter, Tufts University, Vol. 5, No. 11,

Erasmus, Udo, Fats and Oils, Vancouver, Canada, Alive Books, 1986, p. 248.

 Raloff, J., "No-Fault Fat: More Praise for Fish Oil," Science News, Oct. 8, 1988, p. 228.

#### Reason to Use Consolaire

Up to 90% of all household dust consists of dead skinfrom you, guests, and pets. Forty-two thousand mites live on every ounce of dead skin cells—their cherished food. The average mite releases 20 fecal pellets a day. These are so small that they float in the air. This contributes in a major way to the 800,000 to 1,600,000 particles that circulate through every cubic inch of air in a home.

Research in Britain has found a relationship between exposure to mites in house dust and later development of asthma in children. Increased numbers of mites in house dust were found to increase the likelihood of developing asthma. Most exposures that led to asthma were found to be prior to one year of age. The higher the exposure the earlier the development of asthma was found to be.

The Neo-Life Consolaire would be valuable in clearing the air of dust and mites. Reducing exposure might decrease severity or possibly even prevent development of asthma.

#### Reference:

Sporik, Richard et al., "Exposure to House-dust Mite Allergen and the Development of Asthma in Childhood," *The New England Journal of Medicine*, v323, Aug. 23, 1990, p. 502.

### Natural or Synthetic

People often ask what the difference is between Neo-Life and other products. Neo-Life is committed to deriving



nutrients from *food sources*. When someone says that synthetic and natural vitamins are the same, they reveal their ignorance. The vitamin C in an orange may be identical to ascorbic acid, but an orange is not the same as ascorbic acid. Concentrated foods have two advantages over synthetics.

Firstly, there is less likely to be undesirable contaminants. Synthetic amino acids contain undesirable "d" molecules which the body can not use and may be harmful. Synthetic vitamin E contains an unnatural "L" molecule.

Synthetic betacarotene is derived from acetylene. Synthetic vitamin E is derived from isophytol, a petroleum or turpentine product. The chemist says, "It is foolish to think that there is any residue here that could be harmful. This is chemically pure stuff." However, allergist Dr. Ted Randolph demonstrated many years ago that samples of chemically identical sugar from the three sources of cane, beet, and corn could be correctly identified by allergy patients. The sugar company felt this violated a law of science and assumed there had been a leak of information.

The dangers of modern technological sophistication were recently illustrated in the tryptophan caper. Tryptophan was engineered by scientists in Japan. It was much cheaper than more traditional sources and widely used. Unfortunately, the bacteria also "engineered" a toxic substance which caused a disease called eisinophilia.

Secondly, naturally derived nutrients are accompanied by cofactors. A carrot is 50% alpha-carotenes. None of this appears in a synthetic product. Citrus contains not only vitamin C but also numerous biologically active compounds. Turpines which are antioxidants in their own right. Bioflavonoids with with a "strong anti-inflammatory activity displaying a broader inhibitory potential than either cortisone or ACTH." Methoxylated flavones which appear to aid in detoxification of carcinogens formed by cooking meat and fungus growth on peanuts (aflatoxin).

Next time someone tells you all supplements are the same--tell them so are coins, they are all made of metal!

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### Recipe: Protein Nut Log

This is a protein crunchy children will love.

1 cup Black Walnut Super Ease Protein

1/2 cup warm honey

1/2 cup melted butter (or peanut butter)

1/2 c dry milk

1/2 cup nuts or raisins (optional)

Combine all ingredients except last. Add chopped nuts or raisins. Roll into a log. Roll in granol or chopped nuts. Put on wax paper then put in freezer. Slice when cold but not frozen. Allow your children to enjoy these yummies when the sugar monster strikes.