

Image Awareness Healthletter

Tomatoes may be ripe to fight cancer (USA Today 4/99)

The nutrient that gives a ripe tomato its rich, red color may combat prostate cancer, a study says.

About 173,000 men in the USA this year will get cancer of the prostate. About 39,000 will die of the disease.

Previous studies had suggested that men who eat lots of tomato-rich foods may lower their risk of developing prostate cancer.

Omer Kucuk at the Karmanos Cancer Institute in Detroit wondered whether tomatoes would help men who already had prostate cancer.

He recruited 33 men who were going to have a cancerous prostate

gland removed. Each day for three weeks before the surgery, the researchers gave 21 men 30 milligrams of pure tomato extract that contained the nutrient lycopene. The remaining men received no such treatment.

Men who took the tomato extract had smaller tumors than those who hadn't. And the tumors in the treated group showed fewer signs of aggressive growth. Men treated with lycopene were about half as likely as men in the control group to have cancer that had spread to the edge of the prostate gland or beyond.

Cancer showing signs of spreading is more likely to be deadly, Kucuk says.

He presented his team's findings on Monday at the American Association for Cancer Research (AACR) meeting in Philadelphia.

Their findings are the first to suggest that lycopene may fight established prostate cancer,

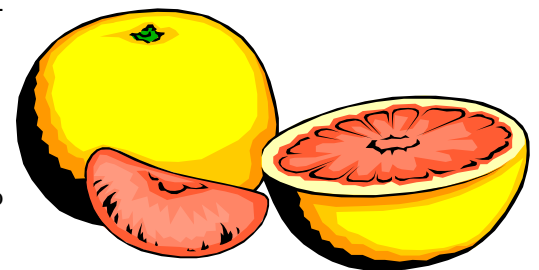
Kucuk says.

"The results are compelling," says Frank Rauscher III, an AACR spokesman and cancer specialist at the Wistar Institute in Philadelphia. But a larger study must confirm the nutrient's cancer-fighting abilities, he says.

Tomatoes are rich in lycopene, but it is also found in other fruits, such as guava or watermelon. The study dose was equivalent to eating from 1 to 4 pounds of tomatoes each day, Kucuk says.

Fackelmann, Kathleen, USA Today, April 13, 1999

Note: GNLD Carotenoid Complex contains lycopene from tomatoes as well as associated nutritional fac-



Statements made herein have not been evaluated by the U.S. Food and Drug Administration. Products are not intended to diagnose, treat, cure or prevent any disease.

Network Marketing Vs. Conventional Business

Taken from an interview with Bob Proctor, "Moral Compensation", Upline Magazine, April 1999

What differences do you see between Network Marketing and a conventional business?

The difference is like night and day. It's paradoxical, really – people who do not understand Network Marketing point at it as a pyramid, when the truth is that *they* are probably involved in something that truly is a pyramid!

All business is shaped like a pyramid, but the difference is that in Network Marketing, everybody is at the top of their *own* pyramid. In corporate America, that's not the way it is. A good example of a pyramid is Cana-



dian banks. There are only half a dozen banks in Canada, and the people at the top all earn in the millions, while the teller probably earns \$20-25,000 a

year, with very little hope of getting to \$35,000.

A person can sit down and draw her own star, then go and get it in Network Marketing. On top

of that, she'll get help – in Network Marketing, everyone wants to help everyone. That isn't the case outside this business.

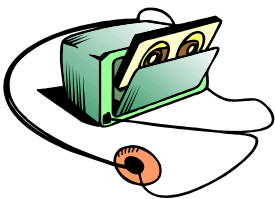
In Network Marketing, a person has the opportunity for ex-

pansion and fuller expression. In other words, his life can continually improve. There seems to be no end to it. I've only been around the industry for a little over three years, but I'm absolutely fascinated with it. People naturally want to expand and express and grow – the corporate structure impedes that growth, while Network Marketing supports it. In fact, it's to the advantage of the people above you to help you grow.



By the way...Use those tapes...

Jim's tapes keep building customers for people and Lucille hopes you are using them. The most effective way seems to be to take a \$5 deposit, give the customer 2 free days and then charge \$1 a day. Most people want to keep tapes and of course if they kept it 7 days they bought it. You earn \$2.50 per tape if you buy 10 or more. Tapes from us sell individually for \$4.00 but with orders of 10 or more they are only \$2.50 per tape.



To make it easier for you we now have a little synopsis you can have (\$2 for postage) that

quickly outlines what each tape covers.

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- Headache and Nutrition
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- Preserve the Life of Your Brain Cells
- Nutrition for a Healthy Heart
- The Upper Digestive Tract
- The Lower Digestive Tract
- Healthy Blood Sugar
- Normalize Immune Reactivity

- A Matter of Your Life or Death
- Salmon Oil EPA & DHA
- Allium and Acidophilus
- Simply the Best (with Dr. Ron Overberg)
- Protein Quality
- Fending Off Stress, Fatigue and Aging
- Raise Healthy Children with Good Nutrition

These tapes are packed full of wonderful information, delivered in Jim's easy going, easy to understand style. We hope you benefit from them!

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Notes From All Over

Flax Oil vs. Salmon Oil

One of the more common questions we receive is whether salmon oil or flax oil is superior. The results of a recent study are enlightening in this regard.

Researchers supplemented adults with alpha-linolenic acid and gamma-linolenic acid to see if they could elevate levels of EPA or DHA.

DHA (docosahexaenoic acid) is the primary fat involved in building healthy nerve and eye tissue. EPA (eicosapentaenoic acid) is a fat which is a key precursor to anti-inflammatory substances in the body.

The study concluded that "Neither alpha-linolenic acid (flax oil) nor alpha-linolenic acid plus gamma linolenic acid significantly enhanced eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) synthesis."

A reviewer of the study writes, "This article is very important because so much flaxseed oil (which contains alpha-linolenic acid in high quantities) is used, with the assumption that it will be converted to the long-chain omega-3 fatty acids DHA and EPA."

This does not mean that flax oil has



no value, but does indicate that it may not accomplish the desired results of supplementing with omega-3 oils. A quality **Salmon Oil** may be much more effective.

Brouwer, DAJ, et al., "Gamma-Linolenic Acid Does Not Augment Long-Chain Polyunsaturated Fatty Acid Omega-3 Status," *Prostaglandins Leukot Essent Fatty Acids*, 1998;59(5):329-334.

Hamilton, Kirk, *Clinical Pearls News*, April 1999, Vol. 9, No. 4, p.69.

Irradiation Proceeds

Voters on the island of Hawaii approved construction of a \$2 million dollar food irradiation plant by a narrow margin of 473 votes. Mayor Stephen Yamashiro of the Big Island believes the plant will improve the local economy.¹ Meat packers are also preparing to introduce irradiated beef to market.³

"Radiation eliminates infestation by parasites and insects, prevents spoilage and the growth of molds, and generally extends a food's shelf

life and marketability."²

Irradiation of food involves exposing it to powerful doses of radiation. Feeding studies indicate these foods are less than healthful. Irradiation of food fills it with free radicals increasing requirements for antioxidants such as **Vitamin E, C, Carotenoids and Flavonoids**.

1. "Hawaii Goes with Irradiation Plant," *The Natural Activist*, January/February 1999, p. 3.

2. Gibbs, Bary, *The Food That Would Last Forever*, Garden City, NY: Avery Publishing Group, 1993, p.3.

3. "Packers plan test-marketing of irradiated beef," *Miami Herald*, 4/15/99, p. 27A.

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