

Image Awareness Healthletter

May 2000
Volume 2, Issue 3

Image Awareness International 1271 High Street Auburn, Ca 95603
Phone (530)823-7092 Fax (530) 823-7086 Email jmcafee@jps.net

Dry Skin: More Than a Cosmetic Problem

Americans are experiencing an epidemic of dry skin. The new skin care is a wonderful topical application for such problems, but nutritional measures should not be overlooked. Dry skin is usually a reflection of the need for more quality fats in the diet. Supplementing with Salmon Oil, Cod Liver Oil, and/or Tre-en-en Oils for 6-8 weeks will often decrease the dryness of the skin and hair.

Dry skin may reflect problems on the inside. The only cells which require more quality fats than the skin cells are the brain cells. What happens when the brain cells dry out? We know that high quality fats are absolutely essential for proper brain cell structure and function. Low intake of essential oils may result in deterioration of brain cell structure and erosion of memory and thinking capacity.

Supplementation with quality oils should be accompanied with a few reminders:

- ALWAYS take extra vitamin E when supplementing with quality oils. These oils are very prone to oxidation both outside the body and also inside the body. The better the oil, the more inclined it is to oxidize. Vitamin E has been shown to help prevent oxidation of fats within the body.

- USE ONLY THE BEST OILS.

For example, Salmon Oil contains fats of far higher quality than does flax oil. Brain, eye, and glandular tissues do best with the highest quality of oils. The better the quality of the oils used, the lower the total quantity of oil which will be required to produce benefits.

- Some people have trouble digesting oils. If Salmon Oil backs up on you, consider use of Enzyme Digestive Aid which will aid in digestion and assimilation of the oils. This supplement also helps with handling fatty foods.

The skin and the brain require the same nutrients—quality fats. If the skin is dry, the brain may be starving for quality fats!

- Some people need rather large quantities of quality oils to benefit the skin. Most will do fine following label recommendations of Salmon Oil.

- Remember than other nutrients are necessary for proper use of fats. The B Complex factors and lipotropics (Lipotropic Adjunct) are particularly important. These should be provided with a quality multiple such as Formula IV Plus or Active 40 Plus.

Don't try to cover up a nutritional problem with a skin cream or lotion. The consequences could be a brain,



nervous system, and glandular chemistry which does not work in the way that it should.

Vitamin C

Should you throw away your bottle of vitamin C?

Dr. James Dwyer and associates reported at the annual American Heart Association convention that 500 milligrams or more of vitamin C a day “accelerated thickening of arterial walls.” When confronted

In This Issue

<i>Dry Skin</i>	1
<i>Vitamin C Dangerous?</i> ...	1
<i>Grain Oils</i>	2
<i>Fluoride</i>	2
<i>Sleep and Cancer</i>	3
<i>Dysbiosis</i>	3
<i>Boyd's Story</i>	4
<i>A Word About Fungus</i>	4
<i>Stars & Calendar</i>	5

with this kind of information in the media, it is a good idea to remember that one study found that men taking 1000 milligrams of vitamin C daily lived 5 years longer than men who didn't. Women lived one year longer. Apparently the thickening of the arteries did not shorten their lifespan.

As a matter of fact, one study found that 60% of those taking 1500 mg of vitamin C daily had improvement of atherosclerosis. Vitamin C reduces the stickiness of of blood platets and reduces the tendency of the blood to clot.

Vitamin C increases the number of easily repaired DNA strand breaks while greatly decreasing hard to repair strand breaks. The media tends to focus on the negative while ignoring the positive benefits of vitamin C.

Why does vitamin C cause of thickening of blood vessel walls? The answer may be as simple as the fact that vitamin C is essential for production of connective tissue or collagen. A thicker blood vessel wall is stronger and would decrease the risk of stroke or other problems associated with blood vessel rupture.

Reference:
Wright, Jonathan, "Let's Think it Through," Nutrition and Healing, April 2000, p. 7.

Grain Oils

Grain oils are one of the best natural sources of "phospholipids." These are fats combined with phosphorus. Each and every cell membrane in the body requires these phosphorus containing fats to build healthy cell membranes.

When we are young, the body effectively synthesizes phospholipids. This process slows down as we age. In middle age individuals may develop phospholipid deficiencies. Animals deprived of these substances as they age develop a "stiffening" or "hardening" of

nerve cell membranes. The full implications of this are not known.

The best food sources of these substances are soy and eggs. Supplements rich in phospholipids include Tre-en-en and lecithin.

Supplementation of older individuals with lecithin has been shown to improve memory. One wonders what the other benefits of obtaining adequate phospholipids might be. Perhaps less depression, anger, irritability?



Modern research shows that lack of adequate phospholipids as we age can cause stiffening of brain and nerve cells and impair memory.

One thing is certain. The attempts to keep cholesterol levels low and avoid eggs could be robbing people of an essential nutrient as they age. In our complex society we need all the brain power we can get. Inadequate intake of phospholipids can hinder our thinking ability.

Note: Any GNLD multiple with tre-en-en a customer has used since 1958 has supplied these important nutrients.

Reference:
Wright, Jonathan, "Eat Your Phospholipids!" *Health and Healing*, August 1999, p. 7.



Fluoride

Dr. Hardy Limeback, Ph.D., president of the Canadian Association for Dental Research, has been Canada's primary promoter of fluoride for quite some time. In April he made an about face.

Dr. Limeback announced that "Children under three should never use fluoridated toothpaste or drink fluoridated water. And baby formula should never be made from fluoridated Toronto tap water. Never."

Limeback's change of position followed his discovery that the vast majority of all fluoride additives come from Tampa Bay, Florida smokestack scrubbers. The additives are a toxic byproduct of the super-phosphate industry--contaminated with lead, arsenic and radium.

Limeback explained that in Canada more money is now spent treating mottled and brittle teeth resulting from fluoride toxicity than is spent treating cavities.

He also observed that Toronto which has been fluoridated for 36 years has a higher tooth decay rate than Vancouver which has never fluoridated!

Limeback noted that no studies have been done on fluorosilicates--the form of aluminum put into drinking water. He admits he was misinformed on the safety of fluoride by the dental association and public health agencies.

For 15 years Limeback refused to review the toxicological information on fluoride which is readily available to anyone who looks for it. He now

says, "The truth was a bitter pill to swallow. But swallow it I did."

Comment: Ninety percent of America's water is fluoridated with silicofluorides. "Virtually all research on fluoridation safety has focused on sodium fluoride, even though the studies in the 1930's showed important biological differences between these chemicals."

Note: Toothpaste free of fluoride and detergents is available from our office.

Reference:

Forbes, Barry, "Former Fan of Fluoridation Now Warns of Its Perils," *The PPNF Journal*, Spring 2000, p. 13-16.



Sleep and Cancer?

Evidence is accumulating that a good night's sleep may be one of our best preventatives against cancer. Bent Formby, Ph.D., argues that artificial lights have in effect lengthened our day. This puts us into perpetual summer and results in a craving for carbohydrates and sugar. Changes in hormone chemistry accompany the changes in light and diet.

Hormonally, melatonin levels drop because it is produced during the dark hours of the night. Consumption of excess carbohydrates promotes weight gain. Fat cells then release estrogen which overwhelms production of progesterone and testosterone.

Estrogen then promotes the growth of hormonally associated cancers. These hormonal changes also contribute to diabetes, depression and heart disease.

Formby suggests that reducing the craving for sweets and carbohydrates may be as simple (*and as difficult*) as turning the lights off at night and obtaining at least 9 1/2 hours of sleep or darkness a night--especially during the winter months.

Formby has also done research on a gene called survivin. This gene protects cells from programmed death. "Progesterone down regulates survivin, which is another way that progesterone protects against cancer." This is one more argument that the epidemic of breast cancer (and possibly prostate cancer) we are seeing is associated with excess estrogen exposure.

Note: Natural aids to sleep include Herbal Rest and Relax, the Aloe beverage, and Chelated Cal-Mag.

Reference:

Lee, John, "Sleep, Survivin and Breast Cancer," *The John R. Lee, M.D. Medical Letter*, April 2000, p. 5.

Wiley, T.S. and Formby, Bent, *Lights Out*, New York: Pocket Books, 2000. (A poorly written book with good references.)



Dysbiosis

Dysbiosis is a fancy word describing a condition of having the wrong "bugs" in the digestive tract. These microbes produce toxins which are poisonous and which can make us feel ill. They damage the digestive tract and can also move

into the blood stream and be carried to other parts of the body.

The most common cause of this problem is the use of antibiotics which kill bacteria, but allow fungi to multiply. Normally fungi and bacteria would fight one another to a stalemate in the digestive tract. Neither would be able to harm the host. When this natural state is disturbed, we are asking for trouble. Antibiotic usage should be followed by quality acidophilus supplementation.

Less well known is the fact that pain medications can set an individual up for serious digestive problems. Pain medications fall into two categories: steroidal (cortisone and prednisone) and nonsteroidal (aspirin and ibuprofen).

Steroidal medications depress immune function and open the door to fungal infections. Nonsteroidal antiinflammatory drugs (NSAIDS) block prostaglandin production and hinder the healing process in the digestive tract. They also cause a "leaky" gut which promotes the development of allergic responses to foods.

Use of nutrients which promote repair of the digestive tract and help prevent inflammatory responses are wise when pain exists. These nutrients include tre-en-en oils, salmon oil, protein, B complex factors and antioxidants like vitamins C and E.

Dysbiosis is also promoted by low hydrochloric acid production. This allows bacterial overgrowth in the stomach. Within 24 hours, one E. coli bacteria can reproduce 5,000 posterity.

Much of the death and illness from food poisoning today is associated with both food contamination and low hydrochloric acid production due to poor diet.

Beta-Gest is a wonderful support



Image Awareness Corporation
1271 High Street
Auburn, Ca. 95603
Phone: (530) 823-7092
Fax: (530) 823-7086
Order Phone: (800) 359-6091
Email: jmcafee@jps.net

for normal stomach acid function. Remember that HCL production falls as we age.

Lipski, Elizabeth, Digestive Wellness, New Canaan, Conn.: Keats Publishing, 1996, pp. 76-79.

Boyd's Story

I have a hereditary rare blood disease that makes me tire easily and anemic. I started with the GNLD products over 17 years ago. I have since experimented with other products-- over the counter vitamins, network marketing products that promised miracle cures--and nothing ever worked. I always come back to GNLD products because nothing gives the benefits that these products do.

Other family members with the same disease refuse to take these products, and I'm the only one with the energy, and the organ health--especially the spleen. The products that work best for me are the Active 40+--the grain products with the uni-pak combination.

I have a friend who is a pathologist. He once made a comment to me that neither animals or people die due to natural causes. The problem lies more with a breakdown of host defenses rather than due to the microbes themselves. Host

defenses break down from inability to obtain the nutrients needed for a healthy immune system.

His analogy to me was that trying to stay healthy without nutrients is like trying to run your car two quarts low on oil. The car will break down much faster. He said that dog food has more nutrients in it than many of the foods people eat.

Jim's Comment: The comment about the dog food reminded me of a seminar which I did years ago. It was called "Secrets Your Pet Would Teach You if Only He Could Speak!" This discussed how most pet foods are fortified to the level of supernutrition while nutrients are actually removed from most human foods.

Nutrition is the gas and oil supply for the body. Those who disregard nutrition undergo excessive wear and tear on the engine and are old far before they should be.

A Word About Fungus

Over the years I have had many people come into the office concerned about the fungus *Candida albicans*. This organism was of course popularized by William Crook in *The Yeast Connection* and C. Orian Truss in *The Missing Diagnosis*.

A common fungus called *Aspergillus* may be more of a

problem for many people than *Candida albicans*. Fortunately, the dietary recommendations for a *Candida* problem are similar to those for a sensitivity to *Aspergillus*.

Aspergillus is widely used commercially. Dough conditioners containing *aspergillus* used in bread produce a nice light loaf. Softening fruits with *aspergillus* before juicing yields 20-30% more juice. The black color in soy sauce and similar seasonings is *Aspergillus*. Chocolate is fermented with *Aspergillus*.

This fungus has been implicated in cot deaths, food poisoning in sterile units in hospitals, and in chronic sinus problems. *Aspergillus* loves scar tissue.

Avoidance of excessive exposure is key in preventing fungus problems. Helpful nutrients include garlic and other allium species, acidophilus, and vitamin A.

References:

"a-Amylase Contained in Bread Can Induce Food Allergy", Kanny, Gisele, M.D., et al, *Allergy and Clinical Immunology*, 1995;95(1)/Part I:132-133.

"Do Cot Mattresses Cause Cot Deaths?", *Federation of Chemical Toxicology*, 1991;29(11):791-793.

"Food-Related Fungal Infection Risk in Patients with Vermorel-Faure, O., et al, *La Presse, Medicale*, February 6, 1993;22:157-160.

Allergic Fungal Sinusitis: Report of Three Cases Associated With Dematiaceous Fungi", (aspergillus), Freidman, Glen C., M.D., et al, *American Journal of Clinical Pathology*, 1991;96(3)368-372.