

Image Awareness Healthletter



An Immune Boost

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Amazing Hepatitis C Story

Dear Image Awareness,
My husband contracted Hepatitis C 20 years ago. We believe it was contracted as a result of a tattoo. The disease became very severe about two years ago. He went on interferon. His viral count went down, but the interferon made him sick. In June of 2001, he began a supplement program. He is using Vitamin C, Carotenoid Complex, Liqui-Vite, CoQ10-Lipoic Acid, Salmon Oil and Vitamin E. It has been about 3 months and the latest testing shows that there are no signs of the Hepatitis C virus.

Dorothy

Commentary on Mailbag

The story in our mailbag for this month illustrates just how powerful the proper nutrition can be in enhancing immune function. Here is an individual who suffered with hepatitis C for 20 years. A few weeks of supplementation with quality oils (Salmon Oil and Tre-en-en) and potent antioxidants (Vitamin C, Vitamin E, and Carotenoid) appears to have enabled the immune system to totally eliminate the viral infection. (Many medical professionals

would consider this impossible and it certainly is unusual.)

The thought behind his supplement program was to provide quality oils to rebuild the cell walls of the white blood cells which fight infection. This supplementation was supported by a potent array of antioxidants of every description to prevent the quality oils from oxidizing.

We began this individual on Liqui-Vite because he suffered severe digestive problems as well. I usually recommend Gr² Meal Replacement in these situations. (Dorothy may have failed to mention it.) I usually suggest this when we use Liqui-vite to further bolster nutrient intake. It also provides protein for important enhancements of immune function.

We also carry and use Lipoic Acid where a strong boost of immune function is needed (hepatitis, AIDS, herpes, etc). A natural source of this supplement is not available at the present time.

We are thrilled with the results Dorothy's husband has experienced. We are often amazed with the results some of our customers are experiencing with different products. This is not really a new phenomenon. Thirty-two years making these products available to the public has taught us to expect wonderful things when people begin to obtain a complete spectrum of nutrients from sources as natural as possible.



Germ Warfare: A Reason to Supplement

Because my name is McAfee I am often asked if I am associated with the famous computer anti-virus program. I usually comment that I do indeed work with viruses, but a different kind of virus!

The news media is filled with accounts of germ warfare and speculation on the possibility of the same. Remember that nutrition supports the immune system which must deal with life threatening viruses and bac-

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teria on a day by day basis.

This writer thinks the following supplements provide excellent basic immune support against viral and bacterial attack:

- **Formula IV Plus**
- **Vitamin E Complex**
- **Threshold C**
- **Salmon Oil**
- **Carotenoid Complex**
- **Vitamin A**
- **Protein**

The reasons for the benefits of these supplements is explained below:



Grain and Fish Oils

A hardened cell wall often results from excessive intake of saturated fats or partially hydrogenated oils. These foods seriously hamper immune function.

Grain oils improve the fluidity of the cell wall. This becomes critical when white blood cells need to move to the site of an infection, or when they need to divide to produce new defenders.

Fish oils also make the cell wall more fluid. It is important to realize that the materials found in both grain oils and fish oils are important for the structure of the cell wall.

Grain oils provide phospholipids and phytosterols. Fish oils provide EPA and DHA. The two work together quite nicely.

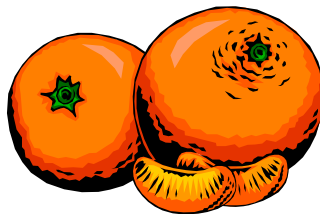
EPA prevents excessive inflammatory responses from taking place in the body. When immune activity is going on excessive inflammation can do a lot of damage. DHA is the most unsaturated fat commonly found in the diet. These high quality fats hold oxygen which the body requires for both energy production and also for immune defense. High quality fats also serve as conduits or

channels for the flow of electron clouds which provide energy for the cells.

Grain oils provide an added benefit. They nourish and support the functioning of the glandular system. Immune function tends to collapse if endocrine function is out of balance.

For example, testosterone, a male hormone, tends to slow down immune activity, while estrogens, a class of female hormones, switch immune activity on. Why not load up on estrogens then? Because excesses of these hormones can trigger autoimmune activity. Diseases like lupus and rheumatoid arthritis are more common and serious in women because they have more estrogen. Balance is critical.

Even more important is the role of the adrenal gland. The adrenal glands initiate and control the immune response (bad news for those undergoing stress responses). Tintera describes the action of the adrenal as “secreting a host of hormones which first call forth the neutralizing chemicals from various body cells, then put them together in assorted ways, and finally command their assault on the attacking invaders.”¹ Tintera is talking about allergies, but as far as the body is concerned, a pollen is no different from a bacteria or a virus. Reaction to all invaders is similar.



Vitamin C

Vitamin C is very important as an immune enhancer. It has the ability to recharge other important antioxidants including vitamin E, carotenoids, and glutathione. Flavonoids

which accompany vitamin C in nature aid in this function.

When antioxidants do their work, they themselves become free radicals with the potential of doing damage in the body. Vitamin C has the wonderful characteristic of being water soluble and readily washed out of the body. It carries the free radicals with it. Supplementation with Vitamin C is the platform or foundation upon which use of other antioxidants should be based.

Vitamin C also serves an important role as a structural substance. Lack of Vitamin C in the diet can lead to deterioration of different tissues.

One of the reasons that the plague and smallpox were so serious and lethal in the past is because of the fact that the populations contracting these infections were seriously deficient in vitamin C, often suffering from scurvy! One doubts that smallpox’s 30 percent lethality would hold in a population with adequate Vitamin C intake.



Carotenoid and Vitamin E

Carotenoids and Vitamin E are fat soluble antioxidants. They prevent quality oils in the tissue from combining with oxygen and hardening. Remember: when cell membrane fats harden, white blood cell movement and duplication are hampered.

Serious oxidative damage to cell walls is possible with strong immune activity. The immune system uses free radicals to kill invaders. Without adequate antioxidants, the immune system becomes a flame

thrower rather than a blowtorch. The immune system itself can be damaged and limited in its effectiveness.

For years linseed oil was the functioning ingredient in paint. This oil is very similar to the fats found inside the cells of the body. When the oil was spread on a fence, oxygen interacted with the oil and hardened it. The same thing will happen to the immune cell walls if we are inadequately supplied with fat soluble antioxidants such as Vitamin E and Carotenoids.

Vitamin A

Vitamin A controls the normal development of cells. Studies have shown that if vitamin A is low, immune cells do not function effectively. This nutrient also fortifies the mucous membranes which serve as the portal of entry of many infectious agents and allergens.



Protein

Studies of the immune system show that severe impairment can occur with protein deficiency. Protein requirements increase dramatically during a strong viral or bacterial infection. This is explained by the fact that cells, chemical messengers, antibodies and protein complement to destroy viruses are all built from protein. The body needs all of the 22 building blocks of protein to mount an efficient defense.

GNLD protein products have a tremendous advantage for those with a compromised immune system. They require very little digestion due to being manufactured with an ex-

clusive Protoguard process-- the proteins are actually mixed with enzymes and broken down into easily used fragments. The temperature is never raised above body temperature.



Rapidity of Response

These nutrients might not totally eliminate the threat of anthrax, but they would certainly improve the hardiness of the individual and enhance the ability of the body to cope with these types of threats.

The rapidity of the immune response is critical in serious and life threatening situations. The more rapidly the immune system responds to a threat the less serious the threat will be.

Two problems are prevented by a rapid immune response. One is damage to tissues. Particularly serious is damage to tissues which the body repairs only poorly such as brain and nerve tissue. This explains the lingering effects of a bout with polio.

Secondly, a delayed response allows increased numbers of virus or bacteria to accumulate in the body, making the battle much more difficult. Bacteria produce dangerous toxins which can cause severe damage or death. The deadly part of anthrax is not the bacteria, but the toxin it produces.

I remember reading one study in which generous intake of vitamin C reduced by 40 fold the number of flu viruses in patients. Vitamin C causes cells to release a compound

called interferon when they are invaded by a virus. Interferon then travels to neighboring cells and alters them so that they are much more resistant to viral attack.

A forty-fold difference in viral count can make the difference between a severe flu or a mild one, a serious cold or a mild one.

The more rapidly the immune system can mount a defense, the fewer viruses or bacterial toxins we shall have to contend with. Good nutrition, particularly adequate protein, quality oils, and antioxidants all play a role in speeding the immune response.



Increased Nutrient Requirements

There is good evidence that a serious infection can increase nutrient requirements. Robert Cathcart conducted an experiment with immunizations. He learned that vitamin C requirements increased substantially after immunization. Other studies have suggested an increased requirement for vitamin A after immunization.

If the relatively weak challenge of an immunization increases nutrient requirements, imagine what a serious infection can do to nutrient requirements. Remember that antibodies, cytokines, and white blood cells that defend us from illness are not manufactured out of thin air. They are manufactured from nutrients we either obtain from foods, or which are stored in the body.

When one gets the flu, one aches

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all over. This muscle pain is a result of chemicals which are produced during an infection. These chemicals break down muscle tissue to get the protein to be able to fight the infection. Inadequate protein reserves or protein intake during a serious viral infection can greatly increase the muscle pain experienced during a serious bacterial or viral infection.

Reference:

1. Tintera, John, "What You Should Know About Your Glands and Allergies," *Woman's Day*, Feb. 1959.



Acidophilus

A young man feebly pushed at the front door of our office. He was so weak he could hardly get the door open. He was hunched over in pain and had been so for eight months. I asked him how this had begun. He explained that he had taken antibiotics to treat pneumonia. The infection had cleared, but he now suffered

with a horrible stomach pain. He felt like a knife was twisting in his stomach all the time. I handed him a bottle of Acidophilus Complex and said, "Try this!" Within two days his problem was completely gone.

Antibiotics are now being given to thousands of people who may have been exposed to anthrax. Many of these people are experiencing serious consequences already, and many more will experience serious problems if they do not replace the beneficial bacteria in the digestive tract.

Antibiotics promote the growth of fungus and antibiotic resistant bacteria in the digestive tract. It is imperative that these dangerous organisms be crowded out by a course of acidophilus supplementation after the use of the antibiotics.

One recent AP report contained the following:

"I had never been so sick," she said from Delray Beach, Fla. "People taking Cipro with no exposure to anthrax have to be out of their minds."

For many people, warding off a possible case of anthrax infection has become a pain in the neck, head, belly and more, thanks to the unpleasant and sometimes dangerous side effects of the antibiotic.

GNLD Acidophilus Complex contains aggressive beneficial organisms which will crowd out pathogenic bacteria and fungus from the digestive tract. The product also has a targeted delivery technology to make sure that the beneficial organisms reach the desired target.

It is not well known that stomach acid can easily kill acidophilus. A typical acidophilus product will deliver fewer than 5,000 living organisms while the GNLD product delivers most of the billions of organisms present.

The GNLD product also has a special nutrient medium to keep the organisms alive for a long period of time. We have seen a number of situations where this product has benefited people, while other products of a similar kind have not.

Riechmann, Deb, "Cipro Has Some Side Effects," *AP*, Nov. 2, 2001.

