



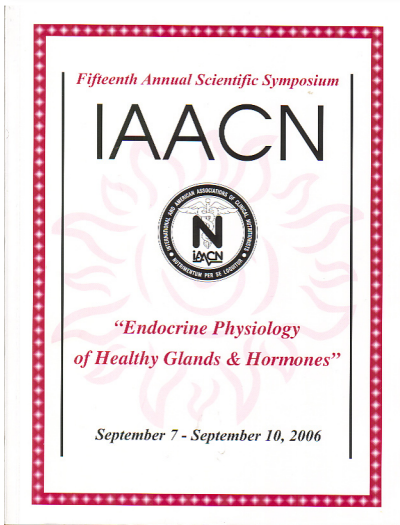
IMAGE AWARENESS WELLNESS INSTITUTE

IAACN Symposium Review Part I

1271 HIGH STREET, AUBURN, CA 95603 • PHONE (530) 823-7092 • ORDER LINE (800) 359-6091
HOURS: TUES. – FRI. 10 A.M. – 4 P.M. • E-MAIL: MAIL@IMAGEAWARENESS.COM WEB: WWW.IMAGEAWARENESS.COM

January 2007

Volume 3 : Issue 1



IAACN CONFERENCE

Once a year clinical nutritionists gather from all over the nation for a continuing education program. Leading academics in the nutritional field provide continuing education on the cutting edge of nutrition.

The September 2006 meeting in San Diego was on the topic of *Exocrine Physiology of Healthy Glands and Hormones*. This newsletter will summarize some of the talks which were given and information which is of value and vital significance for the average individual. (Some of the information is so technical and has so little relevance that it is not worth devoting time to.)

The word exocrine refers to glandular secretions into ducts rath-

er than directly into the bloodstream (endocrine). Examples of exocrine secretions would be tears, saliva, sweat, and many of the digestive secretions.

KEYNOTE SPEAKER

JULIAN WHITTAKER, M.D.
"THE FUTURE OF NUTRITIONAL MEDICINE"

Julian Whittaker was honored for his lifetime fight for medical and nutritional freedom. He began his talk by telling the story of a ladies tour on a double decker bus in London. The upper level was all blonds, the lower level was all brunettes. The brunettes were laughing and having a wonderful time. There was a deadly silence on the upper deck, so much so that one of the brunettes went to the upper deck to see what the problem was.

The brunette said, "Why are you girls so quiet? We are having a wonderful time."

The blond in the front row responded, "Well, you have a driver!" Julian then pointed out that American medicine is like a bus without a driver headed down a steep mountain road. We face the prospect of a deadly catastrophe further down the road.

The cost of American medicine is about 2 trillion a year. Laying one dollar on a table every second it would take 36 years to lay down a billion dollars and 36,000 years

to lay down a trillion dollars. Our medicine is terribly expensive. It is almost impossible to conceive what "health care" system is costing us.

Government has sold out to the pharmaceutical firms according to Whittaker. Three key events have taken place without the attention or awareness of most people.

Firstly, in the early 90's under the Clinton administration pharmaceutical firms took on the expense of the regulatory activities of the FDA, which gave the industry tremendous influence over the operations and activities of the FDA. The organization more often acts as a promoter of the pharmaceutical industry than as a regulator of the industry's activities.





and a half lobbyists for every elected official in America. These lobbyists can get any issue in front of any elected body within 24 hours.

Pharmaceutical firms practice disease mongering: "The selling of sickness that widens the boundaries of illness and grows the markets for those who sell and deliver treatments."

Secondly, in the late 90's the government approved direct to consumer advertising. Only one other country in the world permits this kind of advertising--New Zealand. This change and the advertising dollars that flow to the media from the pharmaceutical firms has resulted in a powerful influence of pharmaceutical firms over what is covered in the media and how it is covered.

Finally, a law was recently passed which prohibits medicare from negotiating (collective bargaining) for lower prices on medications. The government must accept whatever price the pharmaceutical firms decide to charge.

How rich are the pharmaceutical firms? The top 10 US drug companies in the Fortune 500 had greater profits in 2002 than the other 490 companies combined!

The incredible profits of pharmaceutical firms translate into powerful influence. Three-quarters of the clinical studies in top medical journals are commercially funded, and 59% of the experts who write clinical guidelines have direct financial ties to pharmaceutical companies with drugs considered in the guidelines they authored. Drug companies support most medical education, medical conferences, and medical meetings,

Pharmaceutical firms also have quite a bit of political influence. The pharmaceutical firms employ one

An example is the widespread diagnosis of hyperactivity in young people. Adolescence and the hyperactivity which often accompanies this time in life has come to be diagnosed as a disease in need of medication.

Battling the pharmaceutical giants is a true David and Goliath battle. Is there any hope? Whittaker sees hope in three things:

Firstly, there is increasing skepticism of the medical status quo in the general population. People don't like being told they need to take a handful of powerful pharmaceutical drugs every day while their doctor refuses to talk to them about nutrition and more natural approaches to their problems.

Secondly, the internet provides people with the opportunity to become informed and lets them know what options are available. Finally, the market has shifted and people are actively seeking more natural alternatives.

The books recommended by Julian Whittaker were the following:

Dean, Carolyn and Tuck, Trueman, *Death by Modern Medicine*, Matrix Verite, Belleville, ON, Canada, 2005.

This book was the source for his talk.

Abramson, John, *Overdosed America: The Broken Promise of American Medicine*, New York: HarperCollins Publishers, 2004.

DAVID QUIG, PH.D.

VICE-PRESIDENT OF SCIENTIFIC SUPPORT FOR DOCTOR'S DATA

Dr. Quig's topic was toxic and essential elements in cancer prevention and treatment. He pointed out that relatively low levels of toxic minerals can cause cancer.

Lead is a key concern. The greatest exposure for most people is in municipal water supplies. Many foreign products contain quite a bit of lead. Children have died from the lead in chili pepper candy and popsicles from Mexico.

Those who suffer with gallstones average 300 times more lead than someone without the condition. There is a problem with removing lead from the body since adults store 95% of their lead in the bones and children store 70% of their lead in the bones. When lead is pulled out of soft tissues, redistribution takes place. This means that removal of significant quantities of lead can take a long time or involve complicated procedures.

Supplements can be a source of lead exposure. Dr. Quig shared an episode of a male patient whose urine upon provocation contained 9,100 micrograms per gram of lead. Provocation involves administering a chelating agent to pull the minerals out of the tissues into the urine. The urine is then examined to see how much of the toxic metal is being





hidden in the body's tissue stores.

The shocker in this man's case was that he was being poisoned by the ayurvedic herbs imported from India he was using to improve his health. The herbs contained 56,185 micrograms per gram of lead!

Lead is a common contaminant of calcium products. One recent study found 8 of 23 products were contaminated with lead. GNLD tests all calcium products for lead and other toxic minerals. I consider toxicological awareness and testing of products for toxic substances an important facet of product quality. Vitamin C and zinc have been used to lower lead levels in psychiatric patients.

Cadmium is terribly toxic and is found in food, plastics, paints, tobacco, and sewage biosolids which are used as soil amendments in agriculture. Cadmium was classified as a human carcinogen in 1993.

Synthetic estrogens such as bisphenol A in plastics have received a good deal of justifiable attention as potential carcinogens. Bisphenol A was originally developed as a synthetic estrogen and only later was found to be a valuable agent for making plastics easier to work with.

As bad as these synthetic estrogens (or xenoestrogens) are, heavy metals have even more potential for creating havoc. Lead, mercury, tin, arsenic, and cadmium all have

estrogenic activity. What is significant is that most synthetic estrogens like bisphenol A are huge molecules. A single atom of cadmium can have the same estrogenic activity as a huge bisphenol A molecule.

Relatively low doses of toxic metals can induce breast, prostate, cervical or other hormone related cancers. Sometimes lower doses can produce cancer more easily than higher doses.

One nutrient has been shown to dramatically reduce risk of cancers. Selenized yeast which provides 200 micrograms of selenium when supplemented daily has been shown to reduce total cancers by 25%, prostate cancer by 42%, colorectal cancer by 54%, and overall mortality or death from cancer by 51%.

Protective foods (partially because of the fact that they contain organic selenium) are garlic, leeks, onions, and broccoli. The benefits of selenium are reversible, so supplementation must be continuous.

JACOB TEITELBAUM, M.D.

Jacob Teitelbaum discussed the effective treatment of pain. He likens pain to a flashing red light on the body's dashboard telling us that something is wrong. Unfortunately, what most people do is cover the red light so they do not have to look at it.

Dr. Teitelbaum used an acronym to summarize what he wanted to say about dealing with pain: SHIN.

- Sleep
- Hormonal deficiencies
- Infection and inflammation
- Nutritional deficiencies

SLEEP

We need 8-10 hours of sleep a night. Students deprived of sleep for 1-3 days develop diffuse pain throughout their bodies. The doctor warned that many people take melatonin to help them sleep. He said a physiologic dose is 3/10 of a mg. and those who take considerably more may have "hell to pay" on down the road.

HORMONAL DEFICIENCIES

Hormonal abnormalities, especially of the adrenal or thyroid can be involved in pain. Glandular deficiencies can result in inadequate energy production. This results in muscles getting stuck in the rigid shortened position--think of rigor mortis. The adrenals, thyroid, and pancreas are all essential for energy production.

INFLAMMATION & INFECTION

White willow is an anti-inflammatory which is about as effective as non-steroidal anti-inflammatory drugs (NSAIDs)[Vioxx], but it is much safer. NSAIDs depress immune function and also weaken the bones.

Boswellia (also known as frankincense) can be used to benefit rheumatoid and osteoarthritis without causing ulcers. It also improved 70% of asthma patients. Boswellia is unique in that it blocks 2 inflammatory chemicals in the body that are increased simultaneously in a variety of human diseases (5-lipoxygenase and human leukocyte elastase).

NUTRITIONAL DEFICIENCIES

Adequate nutrient intake is essential for energy production. Particularly important are the B complex vitamins and magnesium. Deficiencies of vitamins B6 and B12 can be indicated by diabetic neuropathy and burning mouth syndrome.

Hydrochloric acid deficiency can explain deficiencies of vitamin B12. Processing foods for shelf life destroys enzymes and makes foods much more difficult to digest. Inadequate digestion can result from excessive consumption of iced drinks

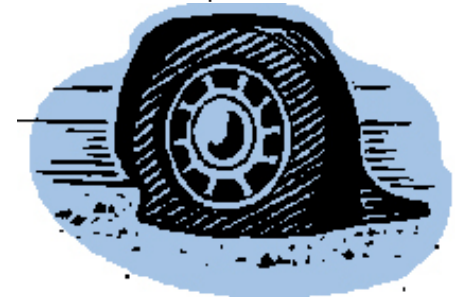




IMAGE AWARENESS WELLNESS INSTITUTE

1271 HIGH STREET, AUBURN, CA 95603
PHONE (530) 823-7092 ORDER LINE (800) 359-6091
E-MAIL: MAIL@IMAGEAWARENESS.COM
VISIT OUR WEBSITE! WWW.IMAGEAWARENESS.COM

or use of acid blockers. Warm liquids, especially soups can benefit digestion. Coffee should be avoided.

A common medical approach to indigestion is to prescribe antacids when digestive problems develop. This is like a man who has a problem with a wobbling car due to a flat tire. Rather than replacing the tire, he pulls out a shotgun and blows out the good tire in order to stop the wobbling of the car.

COMMENTARY

As you can see, the conference contained a good deal of valuable information. I considered it one of the best seminars I have been to in quite some time.

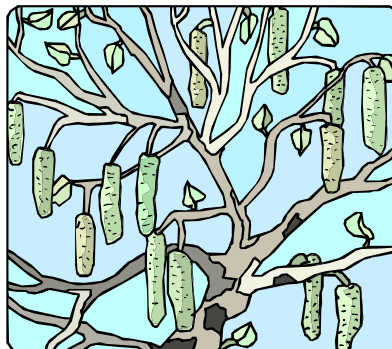
A number of GNLD products contain the type of selenium considered important in Dr. Quig's talk. This would include all the Uni-Paks, Formula IV Plus, and Betagard.

The Full Motion product contains boswellia and white willow in addition to a number of other ingredients which are essential for reducing inflammation in the body and improving joint function.

One of the realizations I came away with from the conference was

a better understanding of why there is so much confusion about nutrition and pharmaceutical treatments in both the general population and among the medical community. A good deal of the data is skewed by those who have the financial ability to influence these things. Dr. Arthur Furst once told me that you can prove almost anything with an experiment if you know how to set it up right. Solid nutrition should be based on research which is oriented toward only one goal—finding how to best improve human nutrition to reduce the incidence of disease and improve overall health and vitality.

Much of what we hear about drugs, and about nutrition is not necessarily true, or at least not true in the manner in which we hear or read about it. It is worthwhile



asking, "Does this make sense?" Many of the things which we take for granted often make little sense and have little relevance to what GNLD refers to as "the best of nature and the best of science."

REMOVAL OR ADDITION TO THIS NEWSLETTER

If you wish to be removed from this health-letter simply send us an email requesting to be removed. If you wish to add an email address send us the address with a request to be added.

WEB RESOURCES

www.yourbodysignlanguage.com
www.imageawareness.com

DISCLAIMER

This publication contains the opinions and ideas of its author. It is intended to provide helpful and informative material on the subjects addressed in the publication. It is provided with the understanding that the author and publisher are not engaged in rendering medical, health, or any other kind of personal professional services in this newsletter. The reader should consult his or her medical, health or other competent professional before adopting any of the suggestions in this newsletter or drawing inferences from it.

The author and publisher specifically disclaim all responsibility for any liability, loss, or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of use and application of any of the contents of this newsletter.