Image Awareness Wellness Institute

The Story of Tre-en-en

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History

Refining of grains dates back to Roman times. The Romans developed a crude technology for removing the bran and germ from bread. Archaeologists have noted an increased incidence of tooth decay in the strata reflecting this period of time.

Throughout much of history refined white flour was a luxury item enjoyed only by the wealthy. This all changed in the 1880's with the development of the steel roller mill in Hungary.

The refining of flour increased substantially after World War II. I grew up on a farm and can remember my mother's baking flour becoming infested with weevils. Early in my work career, I worked for a woman who was imprisoned by the Japanese during World War II. All the rice fed the prisoners was filled with insects.

One of the marks of the success of extending shelf life today is the fact that weevils and other insects are never seen any more in the food supply. This has made food processors unbelievably rich. Unfortunately, foods that will not support insect life will not support healthy human life as well. Nutrition pioneer Westin Price admonished those who listened to him with the warning that if a food would not support insect life, it would not support the health of children either. He assessed the nutritional value of grains by the amount of insect life a given quantity of grain could sustain.

Hospital Research

The story of GNLD begins in the 1930's and 1940's. Movie stars and other individuals were entering North Hollywood Presbyterian Hospital complaining of fatigue. Doctors were at a loss to ascribe a cause for this condition and lacked the insight to provide a solution.

Professor Jaroslav Heyrovsky developed a piece of equipment prior to World War II called the polarograph. This invention was refined into a fine piece of diagnostic equipment over the years. Heyrovsky won the Nobel Prize in Chemistry in 1959 for his invention of the polarograph. A photograph of his Nobel medal is on the next page.

After World War II, physicians at Hollywood Presbyterian Hospital obtained a polarograph and began using it to assess the endocrine functioning of patients suffering with different degenerative diseases and puzzling conditions. The researchers were particularly interested in the relationship between fatigue and glandular functioning.

This research began in 1946 and was completed in 1958. The research team was headed by Dr. J.A. Restifo, Ph.D. The polarograph revealed that endocrine abnormalities underlied many of the degenerative conditions and symptoms of fatigue being experienced by patients at the hospital. One remarkable observation was the fact that growing old was associated with the problems being experienced. Many people who were quite young were suffering problems which were generally associated with growing old.

Testing indicated that assimilation of nutrients appeared to be a key factor in contributing to health problems. Poor assimilation or deficiency of amino acids, vitamins, and minerals was indicated.

Researchers attempted to reverse the abnormalities they were observing with the polarograph with dozens of different supplements. None of these vitamin, mineral, and amino acid supplements normalized the abnormalities being observed with the

polarograph.

Around this time the technology to extract vitamin E from wheat germ was developed. Processors observed a lipid and sterol residue which remained after vitamin E extraction. The research team at Hollywood Presbyterian Hospital observed that similar lipids and sterols were removed in the processing of rice and soybeans. They developed a concentrate of these oils which came to be known as tre-en-en (Greek for "three in one").

After developing the tre-en-en concentrate, researchers began comparing the results of three-factor supplementation with vitamins, minerals, and amino acids with four-factor supplementation which included the lipids and sterols from grains and legumes.

The researchers soon observed dramatic improvement in energy levels and polarograph measurements after adding the tre-en-en oils to the nutritional regimen of patients. While these studies revealed nutrient deficiencies of vitamins, minerals, and amino acids, it was the lipid and sterol fraction which was being overlooked in most medical considerations.

A Personal Story

Mr. W. R. Wimmer was a coal wholesaler in the Portland area. His wife suffered with chronic pain which the doctors had tried to treat with ACTH, cortisone, and other treatments before informing the couple that there was nothing else that could be done for her condition.

Mr. Wimmer learned of the research which was going on in Southern California and visited the researchers to see if there might be some hope for improvement in his wife's condition. After speaking with the researchers, he decided to let his wife try the experimental protocol. In a short time, improvement was sufficient that he decided to move his family to Southern California so his wife could continue to receive the nutritional supplements.

Mr. Wimmer felt that the research which was going on was very important. He approached the researchers and asked them if he could become associated with them. He eventually became director of this research in the Northern California area with the sole and specific responsibility of taking the nutritional research results to the medical profession.

In the course of the research project over 300,000 assays were made before, during and after treatment. Treatment consisted of supplying specific nutritional supplements as indicated by the testing.

In the course of the various research projects it became obvious that the biochemical assays and specific supplements were not practical from the cost standpoint for the average individual. This led to Formula IV which was a single multiple supplement which provided the results generally obtainable in the research studies without the cost involved. Formula IV was designed to contain all four of the nutritional factors researched at Hollywood Presbyterian Hospital including vitamins, minerals, amino acids, and lipids and sterols.

Athletic Studies

The Iowa State College football team trained by Beryl Taylor in 1957 participated in a study of the tre-en-en oils. Taylor had the players taking as many as 44 pills a day from the beginning of the season "'in order to let them assimilate all the value of their food,' and build up their bodies." The football team had a dismal record of 2 wins - 8 losses the previous year and a 4 -4 - 1 (tie) record while on the supplements. Taylor said, "The pills help the players build up their ability to use all the food they get through eating. Most people don't assimilate all the protein, iodine and other minerals and vitamins they get in food."[1]

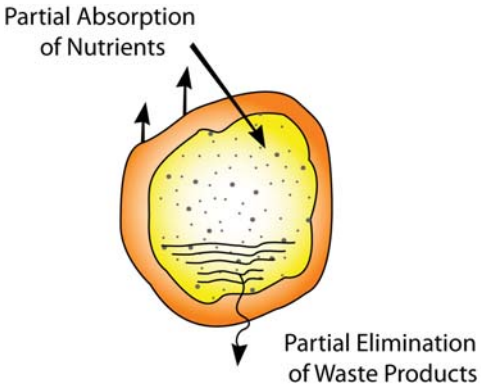
The following year new trainer Warren Ariall continued the supplement program although he had the manufacturer of the pills concentrate them so the athletes had to take only one pill per meal. It was observed that the supplement program had both a psychological and physiological effect on the players. "Some players wouldn't play unless they had their pills."[2]

The Cleveland Browns were the first professional football team to support their game with supplementation. The University of Iowa masterminded the supplement program. It was estimated that the team consumed about 30,000 pills. (This was before the supplements were concentrated.)

The newspaper reported, "What has happened may be the greatest transformation since loveable Dr. Jekyll mixed himself that hot martini. The Browns who were offered condolences during the exhibition season, now are jumping with vitamins and pushing people around."

Leo Murphy, in charge of the supplement program, said, "...if you remember last year we kept letting down in the second half. This year we seem to get stronger."[3]

Other athletic studies were done including examination of wrestling and basketball teams. The purpose behind these studies was to determine if the healthiest part of the population



would derive any benefit from supplementation.

The work on athletes indicated that many male athletes were low in androgen output. This made it more difficult to build muscle and to rebuild torn-down muscle. The athletes were also using reserves of protein rather than carbohydrates for energy production. The researchers found that use of essential lipids in large amounts was helpful when these imbalances were taking place.

Time is a factor in responding to lipid supplementation. Most of the younger men noticed an improvement in four weeks and were restored to "normal" functioning after about two months of supplementation. Older athletes took much longer (six months or longer) to optimize physical functioning.

One reporter wrote, "In every case studied by the four tests chosen, at least one of four metabolic functions was found deficient. Very young men and boys tended to improve rapidly. With older men there was a definite time lag. Many athletes were able to summon energy for a hard game, but were depleted afterward. A second stress following quickly might have done severe damage. This may account for the men who look perfectly healthy today, but are seriously ill tomorrow."[4]

The researchers emphasized that there was a universal need for fundamental nutrition with virtually everyone they tested. Vitamins and minerals were NOT ENOUGH! It was presumed that higher intake of supplements might be required for people who were not well than for those who were healthy if one wanted to see an improvement.

One report observed an important point, "The college athletes who received a supplement without the lipid concentrate reported early that they felt a lot more energetic, many of them were 'raring to go.' Biochemical testing showed, however, that as far as the four basic tests went, they were making no improvement. They were not using proteins or energy foods sufficiently well to keep their muscles in repair and plenty of energy coming through. They also lacked the real definitive factor in meeting stress, whether on the playing field or in business: endurance."[4]

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2. Pills Pushed at ISC, The Telegraph-Herald, Debuque, Iowa, Sept. 2, 1958, 8.

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Animal Studies

Two animal studies were conducted on the Tre-en-en grain and legume concentrates. The first study was conducted in 1962. Animals were divided into two experimental groups. One group received a standard vitamin and mineral fortified laboratory diet. Group two was fed the same diet with the addition of Tre-en-en grain concentrates. Animals were compared after seven weeks on the diets. Comparisons included growth, adrenal capacity, estrogenic and androgenic development. It should be noted that the control diet may have been better than the diet many human beings eat.

One of the purposes of the 1962 study was to evaluate Tre-en-en with a competitive product which was supposed to be as good or better than Tre-en-en. The study showed that the competitive formula had minimal benefit on the parameters measured. Tre-en-en improved adrenal activity, estrogenic activity, and androgenic activity.

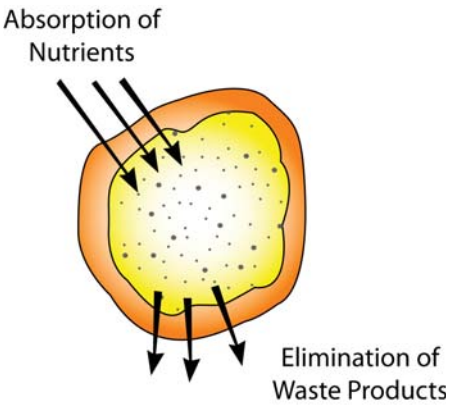
The 1987 study focused on the ability of Tre-en-en to contribute to overall growth, cardiovascular development, and nutrient utilization efficiency. Tre-en-en improved nutrient utilization efficiency by 50%. Overall growth and cardiovascular development were substantially improved.

The Cell

In the final analysis the research which led to the development of Tre-en-en revealed that the fundamental unit of life involved with the development of degenerative disease was the individual cells. Meynell wrote, "Many reports from many sources indicate beyond doubt that 'acute diseases' and 'organic diseases' and 'senile degeneracies' are all cellular diseases. And there is almost as extensive agreement that the basic condition which makes cells vulnerable is inadequate nutrition."

Meynell then goes on to explain why the membrane of the cell is the critical component most seriously affected by poor nutrition. Failure of this structure will impact the health of the rest of the cell.

"Body cells are enclosed by a 'bounding membrane.' This membrane must permit needed nutrients to pass through into the interior. It must



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keep out metabolites in the blood not needed by that cell. This means that in some way not understood, cell walls exercise discrimination. The same kind of organic judgment must control the escape of worn-out substances: only fractions no longer usable can be allowed to pass through into the vascular blood. A third function is to regulate the quantity of water in the cell."

Nutrients contained in Tre-en-en oils play a key role in maintaining the proper functioning of these lipid membranes. "These three functions performed by cell-bounding membranes are believed to be mediated by two different classes or subdivisions of the lipid family. An essential unsaturated fatty acid in the form of a phospholipid interacts with a sterol derived from the non-saponifiable (incapable of being made into soap) fraction of such food oils as those in cereal germs. Both of these lipids often are in short supply in modern diets. The steroid portion is especially subject to shortage because of filtering of germ oils to improve appearance and prevent spoilage."

The implications are staggering:

"Therefore right here, at the outer boundary of body cells, we discover a threat to sustained health at all ages... this is the kind of stealthy and hidden continuing factor easily overlooked. The cell-supporting lipids were slipped away out of the modern diet with all the eye-evading speed a magician uses with card tricks. Few modern men and women, even few physicians, realize that a profound change in diet has taken place and that it may account in large measure for the change in disease pattern so futilely speculated about. Both cell nutrition and cell elimination are being bottlenecked. So all life processes are being slowed down—to the danger point."

The early research conducted at Hollywood Presbyterian Hospital has not deteriorated in significance over time. Modern research has only underlined the importance of cell membrane function and their lipid composition for overall health and longevity.

Dr. Bruce Lipton, Ph.D., performed pioneering studies at Stanford University's School of Medicine. He writes, "I believe that when you understand how the chemical and physical structure of the cell's membrane works, you'll start calling it, as I do, the magical membrane."

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