

THE BETTER HEALTH NEWS

MAY! The Heart of Spring

<i>Sunlight</i>	2
<i>Magnesium and Heart Surgery</i>	3
<i>Kidneys and Pain Meds</i>	3
<i>Nutrition and Surgery</i>	4
<i>Patient Education</i>	5
<i>L-Carnitine and Male Fertility</i>	5
<i>Maternal Diet and Allergies</i>	6

SWINE FLU—AND NO VACCINE; WHAT TO DO? WHAT TO DO?

You can't turn on the television and not hear about the swine flu. A vaccine may be months away; besides, there are still some who do not like being injected with a concoction of virus, formaldehyde, preservatives and other mystery chemicals.

The idea behind vaccines is to confer immunity to a specific virus. Since this is not an option, why not take steps to improve general immunity. We hear that half of Europe died during the Bubonic Plague in the 14th century. That means that the other half didn't die—better immunity.

So you want to enhance your immune system as much as possible. First do all the things your mother told you to do: wash your hands before eating, eat a good diet, and get plenty of rest (stress really puts a strain on the immune system). Also, there are some products that will help improve your immunity:

IAGTM: This is arabinogalactan powder obtained from the larch trees (*Larix occidentalis*). It is approved by the U.S. Food and Drug Administration (FDA) as a source of dietary fiber. Arabinogalactans exist in high amounts in herbs that boost the immune system including: *Echinacea purpurea*, *Baptisia tinctoria*, *Thuja occidentalis*, *Angelica acutiloba* and *Curcuma longa*. In short, it is found in herbs that boost the immune system. If you have used arabinogalactan in your office, you know how effective it is. Many patients keep it on hand and take it at the first sign of sickness, and many have found it very effective in preventing illness

Bio-Immunozyne ForteTM: A broad-spectrum product containing vitamins, minerals, enzymes, as well as neonatal and adult bovine glandular and organ components known to support immune function. The product is in a base of SOD, catalase, Echinacea, methyl-donors and chlorophyll.

Cytozyme-ThyTM: A source of neonatal bovine thymus. Use with viral or bacterial infections, immune insufficiency, decreased gamma globulin, sensitivity to milk products, croup, inflammation, and thyroid hyperfunction, to promote healing, lymph edema, and myasthenia gravis.

Ultra Vir-XTM: A broad-spectrum herbal and nutrient product with anti-viral and immune stimulating properties. Has been shown to be effective with chronic and acute viral problems.

Bio-C PlusTM: Be it ever so humble, there is nothing like vitamin C. **Bio-C PlusTM** contains mixed ascorbates (500 mg) and 100 mg of citrus lemon bioflavonoids. Because the product contains mixed ascorbates, it is less likely to cause digestive distress.

Bio-AE-Mulsion Forte^R: Vitamin A is a much neglected immune support nutrient. Research shows that chemical exposure, and bacterial and viral exposure, reduces vitamin A levels. This product is identical to **Bio-AE-Mulsion Forte^R**: except it contains 12,500 I.U. of vitamin A per drop rather than 2,000 I.U. per drop. Use with immune problems (virus, colds, environmental allergy, flu, bacterial infection), acne, ringing in the ears, and as a vaginal douche for candidiasis and vaginitis.

DSD International
11001 N. 24th Ave.
Suite 603
Phoenix, AZ
85029

Telephone
800-232-3183
FAX
602-944-1356



**Bio-D-Mulsion
Forte^R—the next best
thing to sunshine**

DSD International

Our foundation is innovative ideas and carefully researched concepts. We develop those ideas with advanced analytical and manufacturing techniques. The result is nutritional products with superior quality and effectiveness. Our philosophy has made us an industry leader. We truly do bring you "The Best of Science and Nature".

For more information,
call:

800-232-3183

**Nutritional Products
for Healthcare
Professionals**

SUNLIGHT AND HEALTH

It is dangerous to get a sun burn or have "excessive" exposure to the sun. But the sun is necessary for vitamin D metabolism. The band of radiation between 290 and 315 nm is necessary for the conversion of provitamin D₃ to pre vitamin D₃. Eventually the pre vitamin D₃ is thermally converted in the skin. A sun block rated as low as SPF 8 can stop this process.

Vitamin D deficiency is associated with a risk for osteoporosis, diabetes, high blood pressure, cancer, and auto-immune diseases such as multiple sclerosis. Inadequate vitamin D is also harmful for developing fetuses and is the cause of rickets in children.

One study, in the July-August, 2006 issue of *Anticancer Research*, suggests that sunlight and the production vitamin D may reduce the risk of several cancers. There are many other studies that indicate that vitamin D may protect us from cancer.

Activated vitamin D is a steroid hormone that has an effect on immunity. It reduces inflammatory chemicals (cytokines) and increases the effectiveness of certain white blood cells. It stimulates potent antimicrobial peptides found in white blood cells and in the cells lining the respiratory tract. Research in the British journal, *Epidemiology and Infection* (2006 Dec; 134(6):1129-40) proposed that the reason flu season is in the winter may be because low sunlight and low vitamin D levels. Cod liver oil, a source of vitamin D, reduces the incidence of viral infections. Treating children with vitamin D also reduced the incidence of respiratory infections.

According to the *Mayo Clinic Proceedings* (December 9, 2003), vitamin D deficiency is one possible cause of persistent and vague musculoskeletal pain. A study of 150 children and adults suffering from vague musculoskeletal pain performed at the University of Minnesota found that 93% of the subjects were vitamin D deficient. In a separate study, conducted in Saudi Arabia, vitamin D deficiency was found in a group of chronic

back patients. All the patients were given cholecalciferol for three months, which improved the chronic pain. The subjects were given doses that are considered toxic (5,000 to 10,000 IU, which is between two and three times the toxic dose).

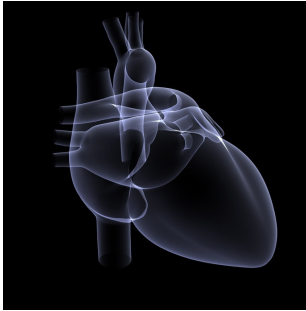
Research appearing in the *Archives of Internal Medicine* (2005;165:1246-1252), suggests that there may be a connection between low levels of vitamin D and calcium, and PMS. Earlier studies have shown that the blood levels of vitamin D and calcium were lower in women with PMS than in women without PMS.

According to research printed in the *Journal of Clinical Nutrition*, (2000;130:2648-2652) vitamin D deficiency may be a factor in inflammatory bowel disease (IBD). Researchers tested this idea in mice bred to have a tendency for IBD. Vitamin D deficient mice rapidly developed diarrhea and a wasting disease, and died. The mice with adequate vitamin D did not suffer from diarrhea and wasting. Supplementation with vitamin D (1,25-dihydroxycholecalciferol) for as little as two weeks actually blocked the symptoms and gave relief to mice that already had IBD.

Researchers at Penn State and Helen Hayes Hospital in New York conducted a small study that has shown that a daily dose of 1000 IU of vitamin causes changes in blood chemistry that indicate positive effects for multiple sclerosis patients. Also, in the Jan. 13, 2004 issue of *Neurology*, an analysis of data from the Nurse's Health Study indicates that vitamin D may have a protective effect. A dose of 400 IU or more of vitamin D per day reduced the likelihood of developing MS by 40% when compared to subjects who used no supplements. The study involved 187,563 women. Of those, 173 women developed MS during the study. Earlier studies on mice have supported this idea that vitamin D may be a deterrent to MS. Some researchers have linked low vitamin D levels to MS. MS exists mostly in Northern latitudes where there is less sunlight (hence less vitamin D).

MAGNESIUM AND HEART SURGERY

Research appearing in the *American Heart Journal* (June 2003;145(6):1108-1113) found a connection between low serum magnesium and adverse events following cardiac surgery. Low serum magnesium was defined as being less than 1.8 mmol/l in any of the eight days prior to the surgery. Of 957 patients,



12.3% of the patients with low magnesium had an adverse event following surgery compared to only 9.2% of patients with normal magnesium levels. There was also double the incidence of Q-wave myocardial infarction and all-cause mortality rate as long as one year after surgery. **Mg-Zyme™** is a source of organically combined magnesium (100 mg of magnesium per tablet).

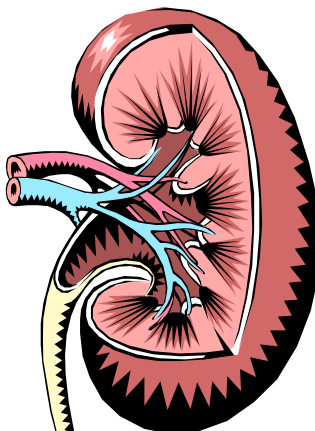
FREE—MP3 Download—“Freedom From Pain”
 —burn a CD and teach your patients why your approach to pain is much better than drugs

<http://www.wholehealthweb.com>

Whole Health Web is a great place to send your patients to learn about natural health

PAIN MEDS AND KIDNEY DISEASE

People with kidney disease who regularly take aspirin or acetaminophen may increase their risk of developing kidney failure, according to research published in the *New England Journal of Medicine* (December 20, 2001;345:1801-1808), the use of aspirin or acetaminophen may increase the risk of kidney failure in those with existing kidney disease. Kidney patients who took these drugs frequently (at least twice a week for 2 months) were two to three times more likely to have the beginning stages of chronic kidney failure than those who do not regularly use pain medication, according to researchers. Individuals



who took either aspirin or acetaminophen regularly were 250% more likely to be diagnosed with chronic renal failure, compared with individuals who did not use these painkillers. The researchers found that the risk rose with the amount of either drug taken over a lifetime. This study and others have found that the risk of kidney failure linked to pain medication is minimal in those without pre-existing kidney disease.

NUTRITION AND SURGERY



*Consider
Bio-C-Plus™,
Biomega-3™, Mg-
Zyme™ and
Lipoic Acid.
To order useful
products for your
patients, call DSD
International at
800-232-3183
for product
information.*



**Antioxidants, like
vitamin C, can
improve surgical
outcomes**

Supplementation with antioxidants and other nutrients may be beneficial to patients undergoing surgery. A randomized, double-blind, placebo-controlled study, appearing in the journal *Free Radical Biology and Medicine* (2009; 49(5): 599-606) involved men having surgery to repair the anterior cruciate ligament (ACL), in the knee. For the two weeks prior to the surgery the control group received a placebo and the test group took 500 mg of vitamin C and 200 IU of vitamin E twice each day. They continued to take the supplements for 12 weeks after the surgery. The group receiving the supplement had lower levels of a chemical marker indicating inflammation (IL-10, a proinflammatory cytokine). This may possibly mean that supplementation may lead to less inflammation and less muscle atrophy post-surgery.

Other research appearing in *Medical Tribune* (August 6, 1992;25) looked at 85 subjects undergoing abdominal surgery for malignancies in the upper GI tract. They were randomly divided into two groups. One group received a standard enteral diet; the other had the diet supplemented with arginine, omega-3 fatty acids, and RNA. Those receiving the supplementation left the hospital an average of four days earlier, had 70% fewer nosocomial infections and a lower incidence of pneumonia after the surgery.

In the journal, *Heart, Lung and Circulation* (2006; 15(3): 172-81) a study was performed comparing a group of patients receiving cardiac surgery in conjunction with supplementation, physical therapy and mental therapy to another group of surgery patients who received no such therapies. The nutritional

therapy before the surgery consisted of 300 mg/day of CoQ10, 300 mg/day of alpha lipoic acid, 1200 mg/day of magnesium orotate and 3g/day of omega-3 fatty acids. They also did some stretching and light exercise as well as stress reduction and relaxation techniques. Questionnaires revealed that the overall quality of life was much higher than patients who did not receive the nutritional and other therapies. The researchers felt that such a program would improve post operative outcomes.

Research appearing in the *American Heart Journal* (June 2003;145(6):1108-1113) found a connection between low serum magnesium and adverse events following cardiac surgery. Low serum magnesium was defined as being less than 1.8 mmol/l in any of the eight days prior to the surgery. Of 957 patients, 12.3% of the patients with low magnesium had an adverse event following surgery compared to only 9.2% of patients with normal magnesium levels. There was also double the incidence of Q-wave myocardial infarction and all-cause mortality rate as long as one year after surgery. **Bio-C-Plus™** contains mixed ascorbates (500 mg) and 100 mg of citrus bioflavonoids. Because the product contains mixed ascorbates, it is less likely to cause digestive distress. **Biomega-3™** is fish oil harvested from small fish in the Southern Hemisphere (less toxin), and tested to be free of dioxin and mercury.

Biotics Research uses only the highest quality lipoic acid in its products. There is no consideration given to the commonly used material from third world sources.

PRACTICE 911

There is a recession, you can't turn on the news and not hear about it. Many practices are suffering. Business is down and incomes are shrinking. Yet some practices are doing well.

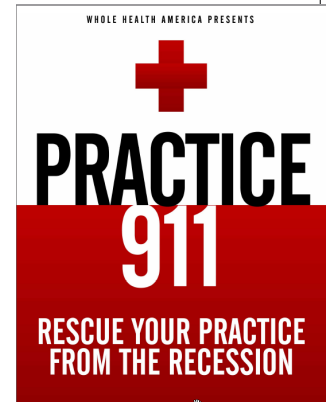
The fact is that people still get sick, even during tough economic times. In fact stress from a poor financial situation increases the chance of pain, illness or injury. They still need your help, but they are becoming more like traditional consumers. People are looking for inexpensive answers to their problems. You need to adjust your marketing and your approach to help them.

We have put together a little marketing guide. It is actually a step-by-step cookbook to market your practice and increase your income. Follow the plan laid out for you and you can breathe life into a failing practice (more quickly than you may have thought possible). You will not only survive—but THRIVE. It is now available to at:

www.thebetterhealthnews.com and it is very inexpensive.

If your practice is not struggling, the book can still be useful. The marketing information it contains can still increase your business and your income. You don't have to be doing badly to do better.

There is one other thing that will help to grow your practice (and other natural health practices). It is patient education. People need to look at health care a bit differently than they do now. There is a site available that will help you with this, <http://www.wholehealthweb.com>. It offers hundreds of articles about chiropractic, nutrition, the dangers of drugs and other information about natural health care. Your patients can even download the free eBook, *50 Ways to Lose Your Blubber*. The more they understand about what you do, the more likely they are to rely on you and refer to you.



Get it for FREE
WholeHealthWeb.com

L-CARNITINE AND MALE FERTILITY

Researchers in China performed a meta analysis of nine randomized, controlled clinical studies, looking at the possible effect L-carnitine (LC) and L-acetyl-carnitine (LAC) may have on male fertility. The study, published in the *Asia Pacific Journal of Clinical Nutrition* (2007; 16 Suppl: 383-90), found that supplementation with LC or LAC improved pregnancy rate, and sperm motility.

There even seems to be some evidence to support the idea that Acetyl-L-carnitine and Propionyl-L-carnitine (PLC) may be of some benefit to men with erectile dysfunction. A placebo controlled study, published in the journal *Urology* (2005; 66(5): 1080-5) found that PLC and ALC improve the effects of sildenafil (erectile dysfunction drug) on patients with erectile dysfunction.

DSD International
11001 N. 24th Ave.
Suite 603
Phoenix, AZ
85029

Telephone
800-232-3183
FAX
602-944-1356

For information about the products mentioned in this newsletter, or to change your address, contact us at 800-232-3183

MOM'S DIET AFFECTS CHILD'S ALLERGIES

According to the American Academy of Allergy and Immunology, a child's chance of developing allergies is 25% if one parent has allergies and 66% if both parents have allergies. In research appearing in *Medical Tribune* (July 23, 1992;30), breast feeding mothers were able to reduce the chances that their babies will develop allergies by eating a low-allergen diet. The subjects of the study were 58 mothers from families with a history of allergies, and their babies. The infants in the study were being breast fed and they were divided into two groups. Another group of 62 mothers and babies served as a control. In the test group, the mothers were placed on a hypoallergenic diet. For one year, the



mothers in the test group avoided common allergens like eggs, dairy, fish, nuts, wheat or citrus. Their homes were treated with products to control dust mites.

At the end of the year, 40% of the infants in the control group developed allergies. Only 13% of the infants in the test group developed allergies. The test group also had a lower incidence of asthma, 7% compared to 19% in the control group.

The study found that restricting the mother's diet can lead to fewer allergies in children. Parental smoking is a huge risk factor for children to develop allergies.