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HEALTH SCIENCES INSTITUTE

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HSI UK MEMBERS' ALERT

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Access to hidden cures... powerful discoveries... breakthrough treatments... and urgent advances in modern, <u>underground medicine</u>

Discover How The Powerful Pairing Of Vitamins D And K Could Protect You From Osteoporosis, Heart Disease, Cancer And More

Por the last few years, *HSI* has been bringing you the breaking news on vitamin D3, as research into the benefits of this incredible vitamin has snowballed. Now, when the medical profession is waking up to the current epidemic of vitamin D deficiency and starting to rethink recommendations about sun exposure (vitamin D is manufactured in the skin under strong sunlight), another nutrient that has been ignored for far too long is finally starting to get the recognition it deserves.

Vitamin K was discovered in 1929 as an essential factor for blood clotting (K for 'koagulation' in German). More recently, its involvement in multiple processes in the body and the emerging picture of the vital role it plays in human health has started to get researchers excited. Vitamin K comes in three chemical forms, but it is vitamin K2, also known as menaquinone, that is the natural form made in the human body.

Vitamin K can rightly be called 'the forgotten vitamin'. Despite its central role in blood clotting, bone formation and arterial health, it has not been brought to public attention in the same way as vitamins A, B, C, D and E. It has been estimated that our knowledge of the way vitamin K works in the body is equivalent to where we were with vitamin D some 10 or 12 years ago – in other words, we can expect a lot of new findings to be published.

As a result of cutting edge research, a revolutionary new spray that combines the benefits of both vitamin D3 and vitamin K2 is now available in the UK. The spray is called Solray-D and is made by Physica Energetics, a natural remedy company based in Canada that normally only sells its products to licensed practitioners. Because Solray-D is so safe to take, however, the general public are now able to take advantage of its benefits directly.

The liposomal spray formulation of Solray-D means that the active ingredients are absorbed into the bloodstream immediately, through the tissues lining the mouth, so by-passing the digestive tract. Even better, these two nutritional star players join forces to act synergistically in promoting healthy bones, and preventing heart disease.

Recent studies have confirmed that vitamin D3 and vitamin K2 have a far greater role to play in human health than previously thought. In fact, vitamin D3 acts like a hormone in the body, influencing around 3,000 separate genes. Research has shown that vitamin D is important for heart health, for a strong immune system and for helping to prevent diabetes, cognitive decline and some cancers. One study even found that it could help to relieve depression in overweight people.¹

Why the 'forgotten vitamin' is essential for healthy bones

The function for which vitamin D was originally identified, and for which it is still best known, is the regulation of calcium deposition in the bones. However, the way our bodies use calcium is a complex subject and involves many other nutrients, including vitamin K2. Vitamin K2 is essential for strong bones because

1. J Intern med 2008; 264(6): 599-609

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NOTES FROM THE INSTITUTE... NOTES FROM THE INSTITUTE... NOTES FROM THE INSTITUTE..

Dear Reader,

Last month, *HSI* told you about an award-winning immune-boosting remedy called Bee Prepared. One of the product's key ingredients is propolis, which is manufactured by honeybees from resins that ooze from some trees, such as pines. Due to its antiseptic nature, propolis is used by the bees to seal and protect their hive from the invasion of bacteria and fungi and to create a germ-free environment.

As a result of these potent antiviral, antibacterial and antifungal properties, propolis has been used for centuries to prevent infection and improve the body's resistance to disease. In recent years, laboratory studies and clinical trials have provided new information to explain its mechanisms of action. Propolis has been shown to increase the microbe-engulfing activity of immune system cells called macrophages, to increase the production of antibodies and to stimulate the immune system's natural killer cells to eliminate cancerous cells (*J Ethnopharmacol. 2007; 113(1):1-14*).

In a small clinical trial, 10 healthy people aged between 18 and 45 years were given 500mg of propolis daily for two weeks (*Forsch Komplementarmed. 1999; 6(5):256-260. [Article in German]*). Compared to blood test results prior to treatment, this led to a significant increase in the capacity of the immune system to produce antimicrobial cytokines and the anti-cancer substance tumour necrosis factor.

Now the latest exciting research findings have revealed yet another anti-cancer action that can be added to this long list of health benefits... as propolis is showing promise in the fight against prostate cancer.

If the results of an animal study, carried out by US researchers from the University of Chicago Medicine, can be replicated in humans then propolis may be able to slow the growth of prostate cancer cells (*Cancer Prevention Research*, 2012; 5: 788).

A component of propolis – caffeic acid phenethyl ester, or CAPE – is effective in the cancer's early stages by blocking the ability of cancerous cells to find sources of nutrition.

Although CAPE does not kill cancer, according to the researchers it stops prostate cancer from spreading, and will do so while the patient continues to take propolis.

In a test with laboratory mice, the cancer stopped when they were given CAPE for six weeks, and resumed again immediately when treatment stopped. The mice study followed successful laboratory tests with CAPE on cancer cells.

This is a promising breakthrough and *HSI* will be keeping a close eye on further developments in this area. Until next month,

Rachael Linkie, Editor

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P.S. If you want to lose a few pounds but can't face the thought of going on yet another fad diet and suffering the inevitable hunger pangs that come with it, then make sure you read the special report inside this month's issue. It contains full details about a powerful, all-natural new formula that will outperform any diet or synthetic weight loss pill... Not only can you safely lose up to 28.1 lbs in just 10 weeks, this fat-busting breakthrough has also been found to reduce LDL ('bad') cholesterol by over 30 per cent; lower fasting blood glucose by 25 per cent; and improve C-reactive protein (implicated in heart disease) by over 50 per cent.

HEALTH SCIENCES INSTITUTE

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it helps to hold calcium in place. The bone-building cells called osteoblasts produce a protein called osteocalcin, which forms the structural framework within our bones. Vitamin K2 converts osteocalcin into its active, bone-building form that keeps calcium and other bone minerals such as magnesium where they should be.

When the body's natural control system gets out of balance, calcium can be deposited in soft tissues, including the arteries. This is what causes 'hardening of the arteries', or atherosclerosis. If there is insufficient vitamin K2, bone structure is weakened, leading to osteoporosis, and too much calcium is released into the bloodstream, where it can contribute to the formation of atherosclerotic plaque. So, getting enough vitamin K2 is essential to ensure both healthy bones and healthy arteries.

Vitamin D3 and vitamin K2 both have essential roles in bone health. There is plenty of clinical evidence that supplementing with a combination of these two vitamins can help to prevent and reverse osteoporosis,2 although don't be surprised if you don't hear this message from your doctor.

Vitamins D and K reduce your risks of atherosclerosis and cancer, too

In terms of artery health, studies have shown that good levels of vitamin D are linked to a reduced incidence of atherosclerosis, although the exact mechanism through which it exerts this effect is not yet clear.³ And, eight years ago, a major heart health study in the Netherlands found that those people with the highest dietary intakes of vitamin K2 had the lowest incidence of atherosclerosis and the lowest risk of coronary heart disease.4

Other benefits of getting a good intake of vitamin K2 include protection against prostate cancer, lung cancer, liver cancer and leukaemia. The recent European Prospective Investigation into Cancer and Nutrition (EPIC) study found that a high intake of vitamin K2 is associated with a reduced risk of developing cancer, as well as a 30 per cent lower risk of dying from cancer.5,6

There is preliminary evidence that vitamin K2 could also help protect you from brain diseases, including dementia. This is an area of on-going research that we at HSI are watching closely and we will bring you further news as soon as there are clear findings.

A report from the International Osteoporosis Foundation has shown that vitamin D deficiency is a massive health time bomb around the world. And, according to Dr. Cees Vermeer at Maastricht

University, one of the world's top researchers in the field of vitamin K, nearly everyone is deficient in vitamin K, too. So, it makes sense to take a good supplement such as Solray-D.

What to take for best results

Just one sublingual spray of Solray-D delivers 1,000IU of vitamin D3, along with 120mcg of vitamin K2. The recommended dosage is one to five sprays daily, depending on need.

Solray-D contains no artificial ingredients and is flavoured with natural orange and rosemary extracts.

Contraindications: Although this is generally a very safe supplement, you should speak to your doctor before using it if you are taking any prescription medicine, particularly heart or bloodthinning medications.

The manufacturers have issued the following information about drug interactions: "vitamin K2 may interact with anticoagulant medications; in addition, vitamin E supplements may affect vitamin K2 metabolism. vitamin D3 should be used cautiously by those taking cardiac glycosides and anyone with hypercalcaemia. If you are taking anticoagulant or any other pharmaceutical medications, high doses of supplemental vitamin E, or if you have any bleeding disorder, consult your healthcare practitioner before using this product."

...CUTTING-EDGE HEALTH UPDATE

Discover How To Banish Wrinkles, Age Spots And **Broken Veins And Ease** Joint Pains, Too

s we get older, wrinkles increase and get deeper, skin becomes thin and dry, age spots appear and varicose veins and broken capillaries can turn previously unblemished skin into a Jackson Pollock painting! At the same time, we can find ourselves beset with joint pains, stiffness, muscular aches and cramps.

However, while growing older is a fact of life, looking and feeling old needn't be, as you're about to soon discover, thanks to silicon.

Contrary to what was long believed, silicon – also known as silicium (but not to be confused with silicone, a synthetic polymer used in surgical implants, sealants and cookware) – is one of a handful of minerals that are vital for life. Although only needed in small amounts, it has a structural role in connective tissues in the skin, aorta, trachea and tendons, and in hair, nails, cartilage and bone.

As well as contributing to the solidity, strength and elasticity of these and other tissues, silicon is needed for normal growth; it regulates calcium deposition in the bones and is essential for healthy skin, hair, nails, blood vessels and joints.

Silicon is essential for collagen production

Silicon's role in the synthesis of collagen – a group of proteins that is the main component of connective tissues, including skin, tendons, ligaments, blood vessels and cartilage – is particularly important. Scientific studies have revealed how it regulates the activity of key enzymes involved in the production of collagen.^{1,2}

While the developing foetus and young baby have rich reserves of silicon, these diminish during life, since silicon cannot be directly absorbed in the gut and must be dissolved by stomach acid to orthosilicic acid in order to be available to the body. It can be difficult to obtain sufficient silicon from foods without munching one's way through a lot of grains and vegetables, and people who have low stomach acidity (a common condition in the elderly) may have low levels of silicon. It has been estimated that silicon levels in the skin and arteries drop by around 80 per cent between adolescence and old age.

Vitasil silicium gels and creams have been specially formulated by DexSil Laboratories in Belgium to overcome this problem and allow your body to benefit from a form of silicon called monomethylsilanetriol. This is the main component of an absorbable chemical complex unique to DexSil Laboratories, which they call 'organic bio-activated silicium'. The biggest benefit of this special form of silicon, when applied topically, is that it rapidly facilitates the formation of collagen, leading to healthier, more elastic skin, with fewer and shallower wrinkles.

A new study from France has shown that monomethylsilanetriol can protect skin cells called fibroblasts from ultraviolet radiation damage.3 Fibroblasts are particularly important because their function is to maintain the structural integrity of connective tissues such as the skin, by secreting the collagen and elastin fibres that give it plumpness and firmness. In this study, 50 per cent of fibroblasts were destroyed by ultraviolet radiation in a period of 48 hours. When the silicon compound was present, not only did it protect the fibroblasts from damage

but it also enabled them to restore their capacity to synthesize collagen to the same level as fibroblasts that were not irradiated.

Vitasil Gel works deep in your skin to repair damaged connective tissue

Vitasil Organic Silicium Body Gel doesn't simply fill your wrinkles or plump them up with water like some other skin creams. Instead it works at a deeper level to promote collagen and elastin production and rebuild the connective tissue matrix that gives your skin a natural and healthy suppleness and freshness. Experiments at DexSil Laboratories have also found that Vitasil Organic Silicium Body Gel has powerful anti-inflammatory properties, reducing both swelling of the skin tissues and dilation of the capillaries in response to an irritant substance.

Numerous enthusiastic testimonials confirm the effectiveness of Vitasil Organic Silicium Body Gel. One lady commented: "I have found that it instantly firms the skin. Since I have been using the silicium gel, many people have commented that I look well and today someone thought I'd had Botox!"

Because improving the appearance of the skin and reducing wrinkles is only one of the benefits of organic bio-activated silicium, DexSil Laboratories has created a range of gels and creams that combine this incredibly effective form of silicon with other safe, natural ingredients that help to address a range of skin, muscle and joint problems.

Joints Gel includes MSM, glucosamine and chondroitin, which are well known for their ability to reduce joint pain and stiffness and to prevent the destruction of cartilage and promote its reconstruction. This gel also contains essential oils of basil, wintergreen, lemon eucalyptus, lavandin, yarrow and bay, which are anti-inflammatory and analgesic.

Sport Warming Balm includes glucosamine, chondroitin, camphor, menthol and essential oils of wintergreen and bay, to ease muscular cramps and stiffness after exercise, reduce pain and relax the muscles.

Veins Gel contains MSM, menthol, olive leaf extract and essential oils of wintergreen and bay. These ingredients tonify and strengthen the veins and circulation and reduce and prevent unsightly broken capillaries.

Pigmentation Cream includes jojoba oil, olive leaf extract and liquorice, plus gentle skin lighteners, to reduce the 'age spots' (also known as liver spots) that appear as skin ages, particularly in

Nielsen FH. Silicon. In Shils ME, Olson JA, Shike M (eds). Modern nutrition in health and disease, 8th edn. Philadelphia, Lea and Febiger. 1994: 281-282

areas exposed to the sun.

Spot Gel contains essential oils with antibacterial properties, to ensure a blemish-free skin. It also helps to prevent the over-production of sebum from the follicles, so is particularly good for people with oily skins.

All Vitasil Organic Silicium gels and creams are free from parabens and chemical preservatives. Their effectiveness and non-toxicity have been independently validated.

What to use for best results

For optimum effects, Vitasil Organic Silicium gels and creams should be applied three times a day on clean, damp skin.

...CUTTING-EDGE HEALTH UPDATE

MycoDefense - Take Advantage Of The Remarkable **Immune-Boosting And Anti-Cancer Properties Linked To Mushrooms**

Tt's hardly ground-breaking news that a strong immune system is the key to good health. However, trying to achieve this goal is not always easy as there are numerous risk factors – such as pollution, stress, poor diet, medicinal drugs and environmental toxins – that place a huge burden on your body and can weaken your immune system. It's perhaps not surprising then, given all these culprits, that diseases like cancer are so rife.

As we've reported in past issues of *HSI*, one way to promote immunity and ward off harmful viral infections is with mushrooms. A wealth of evidence now exists to back up what traditional Chinese medical practitioners have known for centuries: that mushrooms are potent disease fighters with proven anti-cancer properties... they're even showing promise in cases of advanced breast cancer.^{1,2}

Now, a brand new supplement called MycoDefense has been launched that harnesses the power of 12 organic, medicinal mushrooms including cordyceps, mesima, maitake, reishi, yamabushitake, himematsutake, shiitake, zhu ling (Polyporus umbellatus), kawaratake (Coriolus versicolor), hiratake, agarikon and chaga – in one supplement. The combined effect of these oriental mushrooms provides possibly one of the best ever natural defences against disease, especially cancer.

The supplement also contains 500mg of vitamin C and 20mg of organic ginger root, which improve the body's ability to absorb the mushroom's key ingredients.

What makes the formula so beneficial and unique is that each of the 12 mushroom species are present in all their different growth phases (mycelium, primordium, sclerotium and fruiting body) each of which has been found to offer specific health benefits. The fruiting body of the mushroom tends to be high in vitamins, nutrients and immune active compounds, while the other growth stages produce different organic compounds that also help support the immune system.

For example, cordyceps extracts, when harvested during the fruiting and mycelium phase of growth, have been shown to help immune cells recognise and destroy cancer cells more effectively.³ Harvested over the same growth period, extracts from mesima (*Phellinus linteus*) have been shown to suppress tumour growth and enhance cell-mediated immune activity.⁴

"Mushrooms could have a hugely beneficial influence on the way cancer is treated"

According to a report from Cancer Research UK, medicinal mushrooms may herald the start of a new era of cancer treatment and prevention. The report contained the most comprehensive review of studies ever carried out into the use of medicinal mushrooms - including reishi, shiitake and maitake (all contained in MycoDefense) – and revealed how they can help reduce the side effects of radiation treatment and chemotherapy, and significantly improve the quality of life of patients with advanced cancer.⁵

Dr Richard Sullivan, head of clinical programmes for Cancer Research UK, said: "A vast amount of information has been collated, which suggests that compounds derived from mushrooms could have a hugely beneficial influence on the way cancer is treated."

For example, maitake has been found to exert an anti-tumour effect in mice by boosting the immune system through the activation of cancer-fighting cells like T cells and NK cells. When Japanese researchers at Kobe Pharmaceutical University gave maitake extract to cancer patients, who were not being treated with anti-cancer drugs, they found that NK cell activity was significantly increased.⁶

In a separate study, the same researchers observed cancer regression or significant symptom improvement in 58.3 per cent of liver cancer patients, 68.8 per cent of breast cancer patients

(Continued on page 6)

^{1.} Nutr Cancer 46: 138-147, 2003 2. Int J Oncology. 37:1529-1536, 2011 3. The Open Nutraceuticals Journal 3: 179-183 4. Current Medicinal Chemistry 15 (13): 1330-5, 2008

Cancer Research UK. Mushrooms may work wonders in cancer treatment prevention. Report 19/08/02
 J Med Food 2003 Winter;6(4):371-7

and 62.5 per cent of lung cancer patients. Maitake was also found to enhance the effectiveness of chemotherapy in the patients involved in this study.⁷

The shittake and reishi species have also been rigorously studied and found to have potent immune regulatory and anti-cancer actions.^{8,9} Researchers at the National University of Singapore have found that shittake can reduce the size of colon tumours in mice.10 The reishi mushroom is known as the 'plant of immortality' in Traditional Chinese Medicine, as it is thought to promote longevity and fight cancer. It has been shown to possess anti-tumour, 11 antiinflammatory¹² and antiviral¹³ properties.

Other mushrooms in the formula also have a wide range of health benefits

A lesser known species of mushroom in Europe, known as himematsutake, is regularly consumed in Japan where its high beta-glucan content is associated with improved immune health.¹⁴

Another ingredient in the MycoDefense blend is the rare zhu ling mushroom, which researchers have found possesses a number of bioactive compounds that have anti-inflammatory and liver-protective effects. 15,16

Kawaratake – better known as *Coriolus versicolor* contains a polysaccharide called polysaccharide-K (PSK). With regards to its anti-tumour activity, PSK appears to act directly on tumour cells as well as boosting cellular immunity. In Japan PSK is used to boost immune function in cancer patients.¹⁷

In one study, researchers at the Chinese University of Hong Kong studied the effects of Coriolus versicolor on the immune systems of 100 healthy subjects. They found that regular oral consumption of the mushroom significantly increased immune cell counts, such as T cells and NK cells. 18 This suggests that mushroom therapy may have significant preventative properties, particularly beneficial to those at risk of immunerelated diseases like cancer.

The remaining ingredients, hiratake, agarikon and chaga have also been shown to exert anticancer and immune-boosting properties. Finally, the yamabushitake mushroom has been shown to offer significant cognitive (memory and thought processing) benefits in a study involving Japanese men and women aged between 50 and 80, with no adverse side effects noted.19

The recommended dosage for MycoDefense is one to two capsules taken daily with food.

Contraindications: MycoDefense should not be taken by those with a mushroom allergy and, as with any supplement that aims to stimulate the immune system, it should not be used by those on immunesuppressant drugs.

...CUTTING-EDGE HEALTH UPDATE

Escape The Agony Of Food Poisoning With 'The Antidote'

uddenly, you're doubled over in pain. Your stomach starts cramping, you feel clammy and queasy. And now you need to run for the bathroom. As you sit there in agony, your mind runs through everything you ate earlier that day... whatever it was, it looks like you're in for a very long night.

All it takes is a few bad bacteria on your food or in your water to make you feel like your stomach is turning inside out. Some of the most common culprits are *Salmonella*, *Staphylococcus*, and *E*. *Coli*, but there are dozens of harmful bacteria that can unleash the diarrhoea and vomiting of food poisoning, sometimes in just a matter of hours. These debilitating symptoms can last up to 10 days.

If you've suffered vomiting or diarrhoea for more than a couple of days, you face a very real risk of dangerous dehydration because you may be losing liquids much faster than you can replace them. That could lead to serious complications, and even hospitalization. This makes it even more important to attack those bacteria quickly.

Fortunately, you can bypass all the suffering, eliminate those gut-wrenching symptoms, and feel better in no time with one gulp of Food Poisoning ReliefTM, also referred to as 'The Antidote', from US company Nature's Rite.

Silver assassin to the rescue – killing off millions of bacteria with a single blow

The key ingredient in Food Poisoning ReliefTM is elemental silver (also known as colloidal or ionic silver). It gets a very bad rap in the mainstream medical community – but it's completely

What to take for best results

^{7.} Altern. Med Rev. 2002 Jun:7(3):236-9

⁸ Int J Oncol 2011 Mar 8

Int J Oncol. 2011 Mar 8
 Current Medicinal Chemistry 17 (22): 2419–30
 J Alt. Complement Med. 2002 Oct;8(5):581-9
 (Chilton JS (1994). The first international conference on mushroom biology and mushroom products. Herbalgram 31:57
 Amer.J. Chin. Med. 21:59-69

^{13.} Kim, BK et al. Anti-HIV activities of ganoderma lucidum. From the fifth International Mycological Con-Kim, BK et al. Anti-Hiv activities of ganoderma lucidum. From the firth international Mycological Congress Abstracts. Vancouver, BC August 1994.14-12
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 Bioorg Med Chem Lett 18 (11): 3417–20
 http://www.cancer.org/Treatment/TreatmentsandSideEffects/ComplementaryandAlternativeMedicine/

DietandNutrition/coriolus-versicolor 18. Int Immunopharmacol. 20004 Feb;4(2):201-11 19. Phytother Res. 2009 Mar;23(3):367-72

undeserved. You see, the human body has absolutely no use for silver, none at all, so it's able to come in and attack harmful microbes without impacting your cells (unless the dose is unusually high).

But bacteria, that's another story altogether. The very presence of silver seems to disrupt their enzyme systems so the cells can't divide. If they can't divide, they can't multiply. And with systems damaged beyond repair, the bacteria simply die.

Silver has well-documented bacteria-killing powers. In fact, it's been proven to kill dozens of microbes in the lab: bacteria, fungi, viruses, even intestinal parasites. And its hit list includes many of the very same bacteria that are most likely to contaminate your food.

Peppermint tackles digestive symptoms to help you feel better fast

The other main ingredient in the formula is peppermint, which studies have shown helps soothe digestive system symptoms.

It also has hundreds of years of traditional use to prove its effectiveness against a wide range of gastrointestinal disturbances. Natural medicine healers recommend it to relieve diarrhoea, vomiting, flatulence, indigestion and nausea.

Powerful duo eliminates harmful bacteria for good

Nature's Rite knew elemental silver killed food poisoning bacteria, and that peppermint helped ease those terrible symptoms. But they wanted to see just how well their formula faced off against bacteria, so they put it to the test. And it turns out the combination of the two kills off even more bacteria than powerful silver alone.

Food Poisoning ReliefTM delivered on its promise, demolishing millions of harmful bacteria in laboratory tests, including Salmonella typhi, Streptococcus, Staphylococcus, and E. Coli. In test after test, the potion wiped out all the bacteria, leaving no survivors.

No one's happier 'The Antidote' works than the formulator himself

When Steve Frank, formulator for Nature's Rite, develops something new, he always tests it on himself and his family. And Food Poisoning ReliefTM was put to the real test when Steve fell victim to some bad chicken.

"I went home to visit my folks in Tucson, and my Mom was pushing us to eat lots of the stuff in the refrigerator. She always wants us to 'eat... eat... eat".

"So I made a sandwich out of some left-over boiled chicken that I found. That night, I woke up at 2 a.m. with my stomach cramping and pain like you can't believe. My head hurt, I was sweating and I was 1,500 miles from home. I wanted to go to the hospital because I felt like I was going to die."

Fortunately, his wife had packed some Food Poisoning ReliefTM... "I drank the whole 2 oz. (I didn't want to fool around here... I was hurting!), then in another hour I drank another 2 oz. I was back asleep by 4 a.m. (just 2 hours later) with no more pain, sweating or headache. The next morning, I had a little loose stool, but that was it. I was back at the table by lunch eating again. This time NOT the leftovers!"

When Steve asked his mother about the chicken, she said, "Oh goodness... don't eat that! I didn't even remember it was still in there!"

Steve told HSI stories like his have been pouring in. For example, Bob from Ohio said, "Unbelievable. Food Poisoning Relief should be in every medicine cabinet in the country! It works faster than I would ever have believed."

What to take for best results

The manufacturer recommends that at the first sign of food poisoning, drink 1 oz (half a bottle) of Food Poisoning ReliefTM. Take the second 1-ounce dose 30 minutes later.

Food Poisoning ReliefTM comes in a convenient pouch of four 2-ounce bottles. Each bottle provides two doses.

...CUTTING-EDGE HEALTH UPDATE

A Simple Way To Boost **Your Memory And Protect** Against Alzheimer's

revious research has revealed how Tai Chi can help relieve stress, prevent high blood pressure, and improve balance in the elderly. Now a new study has uncovered yet another health benefit linked to this ancient Chinese form of slow. meditative exercise.

Scientists from the University of South Florida and Fudan University in Shanghai found increases in brain volume and improvements on tests of memory and thinking in Chinese seniors who practised Tai Chi just three times a week.

The findings, published in the *Journal of* Alzheimer's Disease, were based on an eight-month randomized controlled trial comparing those who

Health Sciences Institute UK Editorial Panel

Marcus Webb, BSc(Hons) Ost Med, DO, ND, MRN, PGCert (Osteoporosis), MIBiol, CBiol

A qualified naturopath and osteopath with over 20 years experience in the field of complementary medicine. Marcus is a Member of the General Osteopathic Council, General Council and Register of Naturopaths, British Medical Acupuncture Society, Chartered member of Institute of Biology, and Fellow of the Royal Society of Medicine. He has written numerous health books including *The Herbal Companion*, *The Herbal Bible* and *Healing Touch*

Dr Marios Kyriazis (MD, MSc, MIBiol, CBiol, DGM)

One of the UK's leading anti-ageing experts. Dr Kyriazis works in private practice and has postgraduate qualifications in the science of ageing from the University of London and the Royal College of Physicians. He is using both conventional and complementary therapies.

Martin Hum (PhD. DHD)

Qualified nutritional therapist and health journalist with 18 years experience in the field of nutritional medicine. He is currently Chairman of the Institute for Optimum Nutrition, an independent educational charity and the UK's leading training institute for nutritional therapists. Nigel Summerley, LLSCH

Nigel is a health writer and professional homeopath practising in East Sussex.

Paula Bartimeus (DHD)

A trained nutritional therapist and health writer, who has worked in the field of nutrition for over two decades. For eight years she was Editor of *Optimum Nutrition* magazine published by the Institute for Optimum Nutrition and now works as a freelance writer and editor, specialising in natural foods, wholefood cookery and nutraceuticals.

Dr Michael Perring (MB BChir FCP(SA) DPM UKCP Registered Psychotherapist)

Dr Michael Perring is a General Practitioner with a special interest in nutrition, sexual medicine and healthy ageing. He is currently Medical Director of the Optimal Health of Harley Street Clinic and is co-author of *Get Fit Feel Fantastic*.

Robin Shepherd (DO)

Qualified osteopath and expert in pain-relief therapy. Since graduating from The British School of Osteopathy in 1990 he has taught at post and undergraduate levels to both osteopaths and medics, whilst also running a busy private practice in Surrey. He specialises in a treatment called Intra Muscular Stimulation for chronic pain relief. Currently sits on the board of the General Osteopathic Council, their Investigating and Communication committees and is Chairman of the International Affairs Committee.

Dr Allan Spreen (MD)

US physician based in Phoenix, Arizona who advocates the use of both conventional and complementary therapies. Alternative medicine advisor for the *HSI* daily e-alerts and for the Discovery Channel.

Chanchal Cabrera (MNIMH, AHG)

Medical herbalist, clinical aromatherapist and nutritional counsellor in Vancouver, BC, Canada. Publishes widely in professional journals and lectures internationally on medical herbalism.

Cristina D. Howard (BA Hons MA, RAW.Dip., V.A.I., MA)

Has 15 years of first-class expertise in the field of clinical nutrition and functional medicine. Her areas of expertise include prostate cancer, diseases of the urinary and the reproductive tract, cardiovascular problems and leukaemia. Cristina has written and lectured extensively on a wide range of health matters and she is a regular contributor to various nutritional and medical journals.

Michael van Straten (DO, ND, DipAc.)

Qualified osteopath, naturopath and acupuncturist, with a special interest in nutritional therapy, women's problems, hypertension, heart disease and ME. He has written 40 books including the international bestsellers *Super Juice* and *Super Herbs*. He also appears regularly on television.

practised Tai Chi to a group who received no intervention. The same trial also showed increases in brain volume and more limited cognitive improvements in a group that participated in lively discussions three times per week over the same time period.

Previous trials have shown increases in brain volume in people who participate in aerobic exercise, and in one of these trials, an improvement in memory was also seen. However, this is the first trial to show that a less physical form of working out like Tai Chi, as well as stimulating discussion, can lead to similar increases in brain volume and improvements on psychological tests of memory and thinking.

The findings also revealed that the group who did not participate in the interventions showed brain shrinkage over the eight month study period – consistent with what generally has been observed for elderly people in their 60s and 70s.

Numerous studies have shown that dementia and the gradual cognitive deterioration that precedes it is associated with increasing shrinkage of the brain as nerve cells and their connections are gradually lost.

Lead researcher, Dr. James Mortimer, professor of epidemiology at the University of South Florida College of Public Health, said: "The ability to reverse this trend with physical exercise and increased mental activity implies that it may be possible to delay the onset of dementia in older persons through interventions that have many physical and mental health benefits."

Previous research has suggested that aerobic exercise is associated with an increased production of brain growth factors. It remains to be determined whether forms of exercise like Tai Chi, that include an important mental exercise component, could lead to similar changes in the production of these factors.

As Dr. Mortimer explains: "If this is shown, then it would provide strong support to the concept of 'use it or lose it' and encourage seniors to stay actively involved both intellectually and physically."

One question raised by the research is whether sustained physical and mental exercise can contribute to the prevention of Alzheimer's disease. According to Dr. Mortimer: "Epidemiologic studies have shown repeatedly that individuals who engage in more physical exercise or are more socially active have a lower risk of Alzheimer's disease. The current findings suggest that this may be a result of growth and preservation of critical regions of the brain affected by this illness."

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