

HEALTH⁺NEWSTM

The Leading Source for Information on Natural Health



Dead Doctors Don't Lie

The 90 Essential Nutrients Formula contains the vitamins, amino acids, and essential fatty acids which are required for proper health.

Without these nutrients, you can develop diseases, ailments, and other health problems.

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Without Proper Nutrients, You Are Throwing Your Life Away

Joel Wallach, D.V.M., N.D., obtained a B.S. in Agriculture and a Doctorate of Veterinary Medicine (D.V.M.) from the University of Missouri and a Doctorate of Naturopathic Medicine (N.D.) from the National College of Naturopathic Medicine in Portland, Oregon.

Dr. Wallach is the author of the CD "Dead Doctors Don't Lie" and is a spokesman on the importance of nutritional supplements.

Many people ask me why I called my original recording "Dead Doctors Don't Lie." I always had a belief in the medical system. I had done medical research for over twenty years in large medical research institutions, medical schools, and various laboratories.

However, I was very disappointed when I learned that even though doctors know about procedures, they don't know the most about health, longevity, and disease.

I began to study medical journals, and I found an early article published on health and longevity in American doctors. It was published in JAMA on June 15, 1895. It said that doctors lived to be an average of 54.6 years old at that time. I found a similar study, using the same obituary techniques

that they did in JAMA, published in January 20, 1993 in JAMA, and it turned out that doctors lived to be an average of 57.6 years old. I rounded that age up to 58 to give doctors the benefit of the doubt. Doctors went berserk when I told them the study results.

My premise is that doctors don't live as long as the average couch potato in America. I purposefully put that age, 58, out there to try and challenge people. Doctors looked at the insurance actuarial charts and found that doctors don't die at 58, they actually live to be 62. They still have never proven that doctors live as long as everybody else and that's why dead doctors don't lie.

Everyone can live longer if they supplement their diet by taking the 90 essential nutrients formula.

These nutrients include 60 minerals, 16 vitamins, 12 essential amino acids, and essential fatty acids.

They are essential for two reasons. The first is that our bodies cannot manufacture them, so we must consume these nutrients daily, either in food or as supplements.

The second reason is if any one of these essential nutrients is missing from our diet, we can develop deficiency diseases. You have everything to gain and nothing to lose by supplementing properly.

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Medical professionals advocate that you can get the essential nutrients you need from the basic food groups. They also encourage exercise and an active lifestyle.

Everyone knows the medical dogma that "exercise is good for you." Not only do you need these nutrients to survive, you also need them to replenish what you lose when you exercise. Exercise without complete and optimal supplementation is self-destructive and suicidal.

Growing up in rural Missouri in the midst of the agricultural and livestock industries, I observed that we very systematically put vitamins, minerals, and trace minerals in animal feeds to prevent and cure disease. A report that I researched pointed out that American farm and range soils were 85 percent depleted of minerals compared with the soil mineral levels of 100 years ago. There is a clear and present danger and potentially fatal effect to each and every one of us as a result of consuming mineral-depleted food.

During my job as a veterinary pathologist, I learned that all of the animals and people who died of 'natural causes' actually died of nutritional deficiencies. It is a sad fact that the commercially prepared diets of pet, laboratory, and farm animals contain optimal levels of selenium specifically to prevent cardiomyopathy.

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Humans, especially athletes at the behest of the trainers, sports medicine doctors, and family doctors, are led to believe that they can get everything they need from the basic food groups. This is primarily because of some health professionals' bias against vitamin and mineral supplementation.

Unable to convince the academic world of the importance of nutrition early in my practice, I became a primary care physician.

About ten years ago, ominous articles began appearing in the news media, medical and veterinary journals, and pathology journals. These articles brought to light an increase in the frequency and severity of sports injuries, behavioral problems in athletes and coaches, and degenerative diseases.

Un-supplemented high-output athletes, amateur and professional, are more susceptible to emotional, traumatic and degenerative diseases than are the classic couch potatoes.

Running is often put forth as the universal "fitness exercise," yet numerous world class runners have lost their lives by not supplementing. When we sweat, we sweat out more than just water for cooling our overheated bodies. We sweat out more than just the electrolytes (potassium, sodium and chloride), we sweat out nearly all of the essential minerals that our bodies need.

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For example, if we sweat out all of our selenium during exercise and don't replace it by supplementation, we are at high risk of developing low blood sugar, diabetes, depression, manic depression, or addictions to alcohol or drugs.

If we sweat out all of our copper and don't replace it by supplementation, we are at high risk for developing joint and cartilage problems, varicose veins, or a fatal ruptured aneurysm. Basically, if we don't consciously replace the minerals sweat out during exercise by supplementation, we are inviting disaster.

The only guarantee that we can get from their best quality meals are protein, fats, carbohydrates, and calories. Depending on our food to obtain vitamins, minerals, and trace minerals is a gamble, at best.

Certainly, the average weekend athlete, jogger, or aerobics buff with common sense wouldn't throw their life away by not supplementing with the known 90 essential nutrients each day.

Thyroid Cancer Gone

Michele Little • Nine years ago, I was diagnosed with thyroid cancer, so I had surgery and radiation to have it removed. Five years later, it came back and even spread over to my left lymph nodes. I had

surgery to get them removed and went through radiation treatments.

Three years after that, the cancer came back and spread to my skin. My doctor said that I might need chemotherapy.

I wasn't interested in doing that, and I didn't agree to do what he suggested.

I was a truck driver at that time. One day I was given a Dead Doctors Don't Lie CD. When I think back on that, I feel like it must have been a divine appointment. They were talking about how the formula reversed diabetes, high blood pressure, and arthritis, but they never said anything about cancer.

I learned that an expert on the product was coming into town for a presentation, so when the time came, I went and sat in the front row, and I just listened to what he was saying. It all made sense to me.

At the end of his seminar there was a question and answer session. There was a microphone circulating around the room, and I sat quietly during the session.

He said they were going to take one more question. I ran in front of the expert and told him that I've had cancer seven times. I asked if there was anything he could do for me.

He told me that since I was bold enough to come up on stage, he would tell me what I needed to do. He told me just what I needed to take for 60 days.

I went back to my doctor and ordered an ultrasound. I wanted to see how fast the cancer was spreading and how big it was. Once I received the formula in the mail, I started taking just what I'd been told to. I didn't miss a beat.

I went back to my doctor's office exactly 60 days later and had a second ultrasound. The cancer had shrunk from the size of a quarter down to the size of a pea.

I wasn't doing anything else besides taking the formula.

I'd been seeing him since my first diagnosis, and all the cancer ever did was progress and progress. When I took the formula, it was like the cancer reversed itself, it was obviously working.

I took the formula for five more weeks. I was just curious. I thought, if it worked the first time, it's got to work the second time. When I had the third ultrasound, the cancer was gone. It took six months to get rid of that cancer. I'm still taking the formula, but not in the high dosage I was taking before.

After the cancer was gone, I felt great. I had energy. The doctor told me I was deficient in one area, but I was missing out on other nutrients that the formula provided.

I feel that if had I known about the formula before the initial surgery, I would have been better. It seemed like I had to go through a whole lot to get to where I am now.

Eczema Eliminated and Able to Get Pregnant

Sarah Hardy • During my first pregnancy, I had eczema so bad that I had scars on my legs for a long time. I was miserable due to itching and was very tired during the entire pregnancy. When my first son was born, he weighed eight pounds, but had to stay in the Newborn Intensive Care Unit. He had digestive problems and had to have many tests. He has been slow to grow throughout his life.

I then tried to have my second baby. The OBGYN told me I had Poly Cystic Ovary Syndrome. I had many eggs but they never released, so I only ovulated twice a year.

My mom told me about the 90 essential nutrients formula. I started taking it, and within six weeks I was expecting. My pregnancy with the nutrients was wonderful. I had no outbreaks of eczema and I felt vibrant. We had no problems during the birth, and my second son is at the top of the charts at his checkups.

Both of my sons had skin that was very rough, like sandpaper. They were very itchy and both had

eczema. I took them off of gluten and started them on the nutrients, and now their skin is soft. My oldest son tells me he doesn't have "itchys" anymore. He asks for the formula and makes sure not to eat gluten—even when he goes to birthday parties. He's grown more than two inches since we started taking the nutrients four months ago.

The nutrients changed my life in so many ways.

Survived Brain Hemorrhage

Barbara Lukehart • My hair started turning white at 19. After having colored my hair for 25 years, I found the 90 essential nutrition formula and started taking it that night. I was told when I started taking the formula that my darker hair would come back, and it did. My knees had been hurting for years. The formula fixed that too. I also lost 44 pounds.

Eight years after starting the formula, I had a subarachnoid brain hemorrhage. I was taking the formula, and then I got sick. I was so upset.

When I awoke after one of the tests following the hemorrhage, I told the attending nurse that I'd had a subarachnoid brain hemorrhage. She turned white and ran away. I thought I'd offended her. She came back with my paperwork and told me that of all the people they'd seen, less than one percent could talk and see and move after the hemorrhage.

A friend came to visit me in the hospital, and as she was stroking my head and trying to calm me down because I was so upset for getting sick, she pointed out that it was the formula that had spared my life.

From that moment on, I started looking at this as an opportunity instead of a misfortune. I learned that most people who have subarachnoid brain hemorrhages bleed to death within three to four minutes.

While I was in the hospital, I had three CAT scans, an MRI, and an angiogram. Even with all of the tests, they still couldn't find where the blood had come from. The vessels had completely sealed themselves.

By taking the formula, the body will repair itself. Mine did.

Chronic Fatigue Syndrome

Donna Mattingly • I have had constipation problems throughout my life. I had a colonoscopy three years ago and the doctor said that, unlike a healthy gut that is pink, mine was brown and black.

I know now that it was due to gluten and other things, but I didn't know that then. I had been on thyroid medication since I was 12, and when I was 27 my appendix ruptured. I survived ten days with a

ruptured appendix. Not too many people live to talk about that.

Eight years ago, I fell down my basement steps. I knew my wrist was broken just by looking at it. The doctor told me it was the worst case he had ever seen and that my osteoporosis was so bad, I would be in a care center within a year.

Just over two years ago, I was diagnosed with chronic fatigue syndrome.

Mentally, I am an energetic person, but there have been times in my life when my body has given up. There have been five times when I've passed out and doctors didn't know what the problem was.

Three months after that diagnosis, I started on the 90 essential nutrients formula.

Within four days, I could turn my neck without it sounding like tires running on gravel, and I noticed other things too. I wasn't hurting in different places and I had more energy. I gradually noticed little things each day that were a vast improvement.

Now I'm without pain. I'm doing fantastic and I feel really good. My constipation also decreased significantly.

Within nine months, I went from taking many laxatives to having normal bowel movements.

It seems that most people are deficient in something. I feel that taking the formula will improve everyone's health.

I have a very strong testimony of the formula because I know it works, and I share that with everyone I talk to. There's no question about it. If you follow the protocol and do what you're asked to do, you will get results.

Kids Never Sick

Leia Anderson • I have used the 90 essential nutrients formula and know how wonderful it is.

When other people had kids in day care, it seemed as though they were always sick, but I noticed that my kids were never sick.

Until this day, at the ages of 16 and 17, my children still don't get sick. I know that the formula helps their health.

I also have a friend who was diagnosed with Stage IV breast cancer. It was more than five and a half years ago that she was given six months to live. Today, she's running six miles a day, taking the formula, and beating the odds.

I hear stories like this on a daily basis. People are in desperate need of the formula. There are people who are at death's doorstep who have been given no real hope from the medical community. I've seen incredible transformations because of the formula and what it's done for them.

Crippling Arthritis Overcome

Darryl Sturdivant • I'm a police officer, and prior to using the 90 essential nutrients formula, I had bone-on-bone arthritis. I've tried many products, because with bone-on-bone arthritis, you'll try just about anything you can to relieve the pain.

Bone-on-bone arthritis can be crippling. I was in danger of losing my job as a police officer because I was hopping around every day. My supervisor let me know that I had to do something about it, or I wouldn't have a job too much longer.

The doctor said that I needed hip surgery on both of my hips. I had already had hip surgery on one of my hips, but prior to having the second hip done, I learned about the 90 essential nutrients formula.

I tried the formula and it affected me tremendously. My body was so deficient, that I realized that it had desperately needed the nutrients.

The formula started working for me right away and it made all the difference. I did not have to have the second hip surgery. The cartilage regrew, as well as the ligaments and tendons. After three months, I was back to running three miles with no pain. I'm now able to play basketball, run, and do the things I used to do before having arthritis.

The formula has done amazing things for me. It made a great difference in my life.

It Saved My Life

Kevin Anderson • I played sports most of my life. By the time I was in my mid-40s, I had arthritis in my knees and shoulders. Everything was snap, crackle, and pop. I decided that I wanted to have surgery to clean up my knee. I've had surgery three times before and have never had a problem.

I didn't know at the time that I'd had high blood pressure and during the surgery, I experienced a high-tension stroke. Within one hour of the operation, the whole left side of my body was numb and I didn't have use of it.

In a matter of three days after I started taking the formula, I started to get feeling back in my hands. I was happy with the results and I started taking more.

After the surgery, I got blood clots in my knees and each lung. I was in the hospital for another seven days. I researched the blood thinner and decided that I didn't want to keep taking it. I filled my prescription and told the doctor I was taking it, but I really wasn't.

About three months later, the doctor said that usually they keep people on the blood thinner for a year, but if I felt good about it I didn't have to take it anymore. That's when I told the doctor that I'd stopped taking the blood thinner when I left the

hospital. I explained to them that I was taking the formula. The doctor was in awe.

In a matter of three weeks, the formula saved my life and I've been a believer ever since.

Paralysis Diminished

Susan Gubler • I've had numerous health issues throughout my life, but they've been more severe during the past 10 years.

Three and a half years ago, I was diagnosed with hypokalemic periodic paralysis. It had progressed to the point that I woke up in a paralyzed state each morning, but I became fully conscious. I could hear things around me, but I literally couldn't open my eyes.

I would also have daytime attacks where my legs and sometimes my entire body would become paralyzed.

Since I was introduced to the 90 essential nutrients formula, my issues have changed drastically. It now takes about 20 minutes to get my eyes open and get out of bed, when it used to take two to five hours. I only have one daytime attack every three months or longer. It's usually in combination with a lot of other physical stress from traveling, or not eating or resting normally.

My life is back. I can take my grandchildren for walks now without worrying. When I have an attack

now, the severity is maybe 10 percent of what it was before. Now, even when I have a small attack, I wonder how I ever survived it day to day.

I am reversing my symptoms. I'm having a complete turnaround. It not only saved my life, it gave me back my quality of life.

Skin Improved

Robin Sturdivant • I was home every night and saw my husband in pain from arthritis. Because he now takes the 90 essential nutrients formula, I don't have to massage him every night anymore. That was a big witness to me of how wonderfully the formula works.

When I started taking the formula for myself, it helped me manage my weight better. It's helped me to become more conscious about what I should and shouldn't eat. Overall, it has helped me feel better and look better.

I have received so many compliments about my skin. It's amazing to see how the formula works. What I'm doing internally is showing up externally.

Diabetic's Sugar Normal and Foot Saved

Buck Steffens • When I came back from Vietnam, I developed a bad case of diabetes. My blood sugar was very high and I couldn't feel my feet at all. I was a mess. My condition progressively got worse,

and I knew that I was headed for more health challenges.

One day, I was in my backyard when it was extremely hot. When I stood up from my chair, I suffered third-degree burns on my feet from the cement, particularly on my left foot.

The ball of my foot became the size of a silver dollar and it would bleed every day. It was very black and terrible. The doctors started operating on my foot every month and it did not heal. They came to the conclusion that they would have to amputate my foot up to my calf.

Then I learned about the 90 essential nutrients formula and the new chapter of my life began. I had a slight amount of hope that the formula might work. I had a ticking clock on my foot and I needed to try the formula.

I started taking it daily and the results were amazing. My foot improved significantly, the bleeding stopped, and I could walk well again. The formula cleaned it all up. My foot did not have to be amputated.

The surgeon found that my blood sugar had gone way down. I was discharged from the critical diabetic ward of the hospital.

I went off of insulin completely. I also lost 35 pounds. Now I only have to report to a registered nurse every six months, and my blood sugar is as

low as hers. If you use the formula, you can start a new beginning.

Allergies Alleviated

Joanie Wayman • I used to have debilitating hay fever. I learned about the 90 essential nutrients formula almost 12 years ago on the Dead Doctors Don't Lie CD. It was early summer, and my hay fever was in full swing.

My allergies have been this way every summer since I was a kid. My husband thought that the formula would be what I needed to help me with this problem. I thought it would be just another magic pill, tincture, or homeopathic prescription. I had tried many of them, and they had never helped much.

I took the formula as recommended, and after about three weeks my hay fever went away. Still skeptical, I just attributed it to the season having passed. But I kept taking the formula.

About three months later, I realized that I had more energy than I'd had since my son was born a year previously.

I hadn't expected anything to change and wasn't looking for it, but when I realized these changes, I was really excited. Finally I believed. I knew that the formula worked. My hay fever has never come back.

We also gave it to a couple of our children. When we started taking the formula, we had a 5-year-old daughter who had been diagnosed with ADD. She was very difficult to handle: angry all the time, very unreasonable, and unstable emotionally. We regularly gave her the recommended dose for a child her age.

After a couple of weeks, she was a different kid. It was just amazing. Suddenly she could think more clearly. She was thoughtful of the other kids, and she was able to do a lot better in school. The formula brought out a new side of my children that I didn't know was there.

When a family is struggling with their health and other things, there is stress that is always there. There is a feeling that things just aren't right. The formula can bring hope back into life.

Able to Conceive

Mylisa Graham • I've been taking the 90 essential nutrients formula for about 15 years. I don't have any major medical problems, which I attribute to the formula. The only challenge that I had before taking the formula was fertility problems.

Because of the formula, we were able to conceive two beautiful healthy boys without any medical intervention. The formula really helped create a healthy balance.

We now have an 11-year-old and a 6-year-old. They are very active boys and they take the formula every day. Our family is healthy and staying active because of the formula.

Some professionals are now saying that we all need to take the formula because it has helped people for years. These ideas are becoming mainstream. They really work. I would never give up taking the formula.

No More Arthritis Pain

Edith Isaacson • I was told I have osteoarthritis. I have it in my finger and in my vertebrae, but where I feel the pain is in my lower back. I went to the doctor and they had me start doing some exercises, and I found that it helped.

I really believe in supplements for your body, and I feel that sometimes I don't get enough from food. No matter how many fruits and vegetables you eat, you aren't always getting the good minerals and vitamins that your body needs without supplementing.

I used to go to the health food store and I would ask the clerk which supplements to buy. But they couldn't really tell me what was the best option. My sister gave me a Dead Doctors Don't Lie CD. She had talked about how well it worked for arthritis and arthritic pain.

When I started out, I was just taking the minimum amount. Within eight months, I didn't have any more arthritic pain. I always take the formula in the morning with my breakfast, and I feel energized enough to work all day. I am 88 years old, and I feel like I'm 75. I feel a lot better than I have felt. I don't have pain any where in my body.

I have been on the formula for three years, and there is no way I will quit. I think more about eating the foods that are good for me, and it has taken away my urge for sweets and sugar. I feel good and I have no problems. Three years ago, I felt nothing like I feel now.

Heart Disease

Bernard Owens • I had two heart attacks a few years ago. I thought I should be getting tired often and I figured it was normal.

When I was young, my dad used to come home and take a little nap. So I wondered what's wrong with me taking a nap at my age now? I would go ahead and pour a cup of coffee, turn on the television and fall asleep for 20 minutes. I called it a power nap.

More than 14 years ago, I listened to Dead Doctors Don't Lie. He said, "If you've got white, gray, or silver hair, you're on your way to having a cardiomyopathy heart attack." I had pure white hair

from the top of my head to tip of my toes. Then he said, "You have copper deficiency."

Because of my previous heart attacks, this rang a bell for me.

When I started taking the 90 essential nutrients formula, I felt different. I didn't need that nap anymore and I had energy to burn.

I no longer have to worry about my heart disease. It has made a huge difference in my wife's life, too. She lost her top teeth because she had gingivitis, and she lost all the bone.

After my wife started taking the formula, she went back to her dentist. He started measuring the pockets and found that her gums had improved.

The dentist asked what she was doing differently. My wife looked at him and said that her husband is one of those health nuts that got her using all these vitamins and minerals. She felt different, and her mouth even felt different. The dentist told her it had helped, and my wife still has her bottom teeth.

My goal in life is to have everybody taking the formula. The formula makes you feel better. It makes you feel how you should be feeling: free of pain.

No Knee Replacement Needed

Vicky Voss • All my joints used to constantly ache horribly, especially my knees in the winter. They

bothered me so badly that I thought I was definitely a candidate for knee replacements.

I began taking the 90 essential nutrients formula about a year and a half ago. I would take the formula in the morning, at lunch, and in the evening. I saw a real improvement within seven months, and the pain had completely gone away within a year.

I never did have to get my knees replaced. My knees and joints don't ache at all now. Taking the formula is still part of my daily routine.

I feel stronger overall. I'm now able to go do things that before I couldn't plan on. I went in for a physical a couple of months ago. I've always been 5'7", and usually you shrink when you get older, but this time I was 5'8". I grew an inch.

It's important to be consistent with the formula. Don't be disappointed if you don't get results in the first week or two. It takes time for your body to deteriorate, and it takes time to build it back up.

The formula works. I got the results that I had hoped for and the results speak for themselves.

Heartburn Disappeared

Stan Brown • I was a professional truck driver and drove 18-wheelers for over 20 years. I had heartburn no matter what I ate.

I learned about the 90 essential nutrients formula from an expert and I told him I had heartburn, so

he suggested I start taking the formula. Within one week, my heartburn started to go away.

Within 60 days, it was completely gone. I continue to take the formula three years later.

Scars Healed

Hannah Nielson • Two years ago, I fell off a rope swing that was 35 feet off the ground. My ribs had to be plated, so I had really big scars on my chest.

My mother started giving me the 90 essential nutrients formula while I was in the hospital, and I took it before my physical therapy sessions. I noticed that if I didn't take the formula before my session, I would only be able to get through part of the session with the energy or strength that I needed to have.

Taking the formula almost completely took my scars away. I was able to stop taking my medication a lot faster and easier. I really believe that the formula made a difference in how fast I recovered.

The formula works, and it works fast.

Help the Body Heal Itself

Joanne Conaway, R.N., has experience in the operating room, the emergency room, critical care, and on the battlefield. She was also a flight nurse instructor.

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She is a retired Lieutenant Colonel in the United States Air Force and served during Operation Just Cause and during Desert Storm. Joanne works as a nurse in a critical care unit. She has been a nurse for 37 years and is studying to be a naturopathic physician.

I used to suffer terribly from carpal tunnel syndrome and gastro-esophageal reflux disease. I also had bad arthritis in my hips. My husband had arthritis in his neck from a motorcycle accident. He suffered with that pain nearly every day.

I have spent several years doing specialized nutritional support. My primary focus is the gastrointestinal system. I have learned a lot about the horrible manifestations of mineral and vitamin deficiency diseases.

The gastrointestinal system was designed to do everything for us. It takes in all the nutrients we need, breaks them down, and makes us who we are. If the gastrointestinal system isn't working at an optimum level, our bodies are not able to absorb nutrients or achieve the best benefits.

There are a lot of things that can stand in the way of that absorption. We can look to the foods that are in our food supply, such as genetically-engineered and genetically-modified foods, all the preservatives, fatty foods, deep fried foods, and more. Almost 80 percent of our overall immunity is

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housed in our gastrointestinal system. If the system is not healthy, we're not healthy.

People can see changes in many areas when they take the 90 essential nutrients formula because it's correcting the issues and problems in the gastrointestinal system. The way the supplements are absorbed is improved and a person's overall immunity is better.

If you're going to take synthetic vitamins and minerals, they won't help you much because the body needs the specific co-factors that come packaged with properly processed whole food supplements.

For example, if your body is going to absorb vitamin C from an orange, your body can't use the vitamin unless there are co-factors present to make the vitamin work as intended. Vitamin C absorbed from a properly processed whole food source contains these enabling co-factors, allowing our bodies to operate effectively.

My husband and I started taking the formula because I was convinced it would help us, and we saw immediate results. I no longer have carpal tunnel syndrome. The gastro-esophageal reflux disease is gone. The arthritis that both my husband and I suffered from is also gone. Even my husband's age spots and my bulging varicose veins

have disappeared. All of those things went away very quickly after taking the formula.

The changes took place in just a couple of weeks. We have more energy and are much healthier now than we were when we first started taking the formula.

Parkinson's Disease Symptoms Gone

Brenda Armstrong • I am a medical missionary and a massage therapist. I work with people around the world who have different diseases. I was using only natural remedies, such as herbs, hydrotherapy, colonics, and massages, but my patients weren't experiencing the desired results in their healing.

A client I'm working with now has Parkinson's disease. At first, she wasn't even having regular bowel movements. I'd been helping her for six months, but I couldn't get her tremors to stop. There were a lot of issues going on with her.

I found out about the 90 essential nutrients formula, and within one month of when she started using it, her tremors stopped. Even if they started up, she could control them. She's now sleeping deeply, and her bowels are moving nice and gently.

After two months on the formula, it's amazing to watch her get around and do her own thing. She's walking with her head up, without a cane and without pushing her wheelchair. I'm just amazed.

After this, I called all of my former patients, told them about this formula, and sent them samples. These patients suffered from cancer, diabetes, heart, and liver problems.

There was another man I had worked with who had Parkinson's disease, but his condition was a little more advanced. He was at the point where he couldn't move.

Within 10 days of using the formula, he could get up and take a walk around his block. That's something he hadn't done in six months. I was pretty amazed at this formula and what it can do for a person's body.

Results happen very, very quickly. That's amazing about the formula. I've seen three women who were very overweight. On the third day of using the formula, their appetites were curbed. On the fifth day, they noticed that they could eat less and feel full. The formula is really working.

I take the formula as well. I've been taking it now for two months, and I notice my sleep has been much deeper and more restful. That's something I hadn't experienced in years.

I didn't even know what going into the second stage of REM sleep was like, but now, even if I go to bed late because I'm up studying at night, I will sleep so deeply that when I wake up, I think it's late morning, and it's only 5:30 A.M. That's pretty

deep sleep. It's good to be able to relax when you're sleeping.

The formula is not a cure-all, but it works in conjunction with the diet you're already on.

A lot of people might not want to change their diets drastically in the beginning, but it still works. Try it. You'll be a believer in less than ten days. Just try it.

Heartburn Disappeared

Stan Brown • I was a professional truck driver and drove 18 wheelers for over 20 years. I had heartburn no matter what I ate.

I learned about the 90 essential nutrients formula from an expert and I told him I had heartburn, so he suggested I start taking the formula.

Within one week, my heartburn started to go away.

Within 60 days, it was completely gone. I continue to take the formula three years later.

Fast Recovery and Scars Healed

Hannah Nielson • Two years ago, I fell off a rope swing that was 35 feet off the ground.

My ribs had to be plated, so I had really big scars on my chest.

My mother started giving me the 90 essential nutrients formula while I was in the hospital. I also took it before my physical therapy sessions.

I noticed that if I didn't take the formula before my session, I would only be able to get through part of the session with the energy or strength that I needed to have.

Taking the formula almost completely took my scars away.

I was able to stop taking my medication a lot faster and more easily. I really believe that the formula made a difference in how fast I recovered. The formula works fast.

Avoided Crippling Anxiety and Depression

Nikki Wroble • I was diagnosed with bipolar disorder, major anxiety, and depression more than three years ago. I would have manic episodes where I wasn't sleeping, and I would literally be awake for two to four days. My body would then crash, and I would be in bed for days, if not weeks. I couldn't go outside of the house to get the mail, let alone function in society.

I was in and out of the hospital every two to three months. I was on so many different medications. It made me feel like a zombie.

I have two young children, and they were trying to deal with the fact that I couldn't function. My

husband and kids were constantly on edge, afraid of what they would find. During one stay in the hospital, the doctors told my husband that there wasn't much more they could do for me short of committing me to a full-time psychiatric hospital.

Then, about a year ago, I met someone who knew a doctor who could help me.

I was reluctant to contact him, but my husband reminded me that we had nothing to lose at that point. I was introduced to the 90 essential nutrients formula by that doctor. After using the formula for two weeks, I stopped taking my narcotic sleeping pills. After three months, I cut my medications in half. I was feeling great.

I've been on the formula for a year now. My psychiatrist recently took me off all of my medications. A year ago, they wanted to commit me, and now I'm off all of my meds.

It is all because of the formula. I take it throughout the day. It makes a huge difference.

My husband finally has his wife back, and my kids are glad that their mom is back. My day to day life is a complete turnaround compared to before. The formula really has changed everything.

Give the formula a try. What can it hurt? You have to weigh what you're spending on prescription medications versus what you would spend to get

your health back. I wouldn't trade the formula and my improved health for anything in the world.

Arthritis Pain Disappeared

Lance Gubler • I previously had an ACL operation on my right knee. It healed up well, but in the process, I favored that leg. I limped all the time. As a result, I thought I would need to have surgery on my left knee.

I also had arthritis issues, and a bad shoulder that I couldn't sleep on for ten years. My wrist and elbow ached from time to time. I was also bothered with allergies, especially in the spring.

About three years ago, I heard about the 90 essential nutrients formula on the radio. I bought the formula and started using it at that time.

I felt relief within a month, and within two to three months, my pain was all gone. I was amazed. In less than three months, my wrist, elbow, and shoulder stopped hurting, and I could sleep on my shoulder again.

My knee took a little longer to heal, but it finally stopped hurting too. Amazingly, my feet also quit hurting. I thought my foot pain had been caused by bad shoes, but it was obviously related to the issues with my joints.

I felt much better after taking the formula. I realized I hadn't been sick since I began taking the

formula. I haven't had one sick day in three and a half years. I haven't had a cold or the flu, and my allergies are gone.

If you're thinking of taking the formula, don't wait. You'll see great, quick results. If you take it how you are instructed, the effects of the formula are almost flawless.

Healthier Liver and No More Infections

Sherri Marana • A year ago, I started feeling really sick. It was very difficult to even get up and go to work. I was tired all the time and my body hurt everywhere. At first, I thought I had the flu, so I waited for a couple of weeks for it to go away, but it never did. I cried every day.

I'm typically a silly, goofy person, but I didn't smile or laugh any more. I had to hold my back when I walked. I felt like an elderly person, and I looked like one too.

Eventually the doctor couldn't treat me any more, so I visited an infectious disease specialist. I had two rare viral infections. My liver started shutting down. I must have had a very poor immune system to get that sick. The viral infections ran their course and eventually disappeared.

I had inflammation everywhere. A chiropractor told me that my ribs were demineralized. I felt as if I would break if my husband hugged me too tight.

I had an endoscopy done. The doctor told me that my small intestine was blazing red. I needed to start cutting certain things out of my diet.

My friend invited me to go to a presentation about the 90 essential nutrients formula. One of the doctors there actually sat down with me for about 15 minutes. He told me I had celiac disease. Later, I went to the doctor and tested positive for it.

Now I'm gluten free, and I'm taking the formula. My ribs are mineralizing again with the calcium. They don't hurt anymore, which is amazing.

Arthritis Pain Eliminated

John Norton • I had a crunching in my neck, some lower back pain, and very severe arthritis in my knees. My knees would hurt so badly that I hardly noticed the little twitch in my hip. I also have Type II diabetes and very high blood pressure.

I had taken calcium for the arthritis, but it did not work. I had also been on some prescribed medicine from the doctors, but the consequences of taking it were scary.

I clean offices twice a week, but I was just about ready to give that up because I was hurting so badly. When I was done, I was just exhausted. I would go home and collapse.

About three years ago, I found out that an expert for the 90 essential nutrients formula was going to be in town, so I just showed up.

While I was there, I met an older man who had had cancer. He testified to me that the formula was really helping him and his wife. So I signed up and bought it. I took it even though I didn't really believe it was going to work.

About three weeks later, I was sitting on my couch, and I said to my wife, "I don't have any pain. It's gone." The crunching in my neck and the back pain were gone. Since my knees were also gradually feeling better, I noticed the twitch in my hip.

I took the formula for a long time and then I quit taking it for about two years. I was going to a doctor and she was giving me shots for my hip, which were helping some. However, the pain did come back and it was really bad, so I finally told her I was going back to the formula because I knew it worked. Within three weeks of being on the formula again, the pain was gone.

Now I can just go and do my job and I don't hurt as badly. I also have the energy to do something when I get home.

You never know how sick you are until you feel better. I knew I felt bad, but even when I started feeling better, I didn't know how much better. Even today I feel better than yesterday.

If you're just starting on the formula, be patient. Give it a little time. Don't expect it to happen overnight.

Sleep Apnea and Narcolepsy Overcome

Jim Cain • I had problems with my energy levels because I had mononucleosis. I was also on medication for narcolepsy and sleep apnea. I was on the maximum dose with the prescriptions I was taking for narcolepsy.

When I wear myself out, I can sleep for anywhere from 24 to 72 hours. There was no waking up, no eating dinner, and nothing else. There have been times when I went to sleep when it was dark outside, and I wouldn't wake up until a night or two later. I've missed a few days at times because I slept so long. I've actually had to keep a calendar to find out when I went to sleep and what day it was.

My mother told me about the 90 essential nutrients formula. I started taking it about a year ago, and I now have more energy. I found that with the right nutrition, I didn't have to be on my medications anymore. Your body needs supplements and the right nutrition.

By cutting out extra sugar in my diet and taking the formula, I have lost weight and I have more color in my skin.

I can now wake up at a fairly decent time. If I don't take the formula, I don't wake up until the following afternoon. I have noticed that when I'm taking the formula, I'm not yawning all day and struggling to get through the day. The formula makes a world of a difference.

Trying to rebuild your energy without the right nutrition can create problems. The formula gives your body the right amount of nutrition to manage whatever health concerns are present.

Fibromyalgia Pain Gone

Vivian Wayman • I had a lot of health issues, including fibromyalgia. I could hardly move my neck. Everything ached. If I sat down too long, it was hard to get out of the chair. It was very painful.

I also had chronic digestive issues, major bloating, chronic constipation, boils all over my back, acne, and headaches. Every time I ate, I felt sick. My stomach always hurt. I never got checked for Crohn's disease, but there's a good chance it could have developed into that. It was bad. I have eight children and I had a really hard time each pregnancy.

After 20 weeks, I would start going into labor, and the doctors had to do a lot of things to delay delivery. Then, after my children were born, quite a few of them also had health issues.

Right before I started out with my last pregnancy, I met with an expert about the 90 essential nutrients formula and started taking it.

When I reached 20 weeks, I started having the same problems. I was told that I needed more calcium. I didn't realize how deficient I was. It was then that I realized that was why my kids have the problems they do.

I started taking the formula very heavily. I took 4 ounces of calcium a day, and I carried full term. My daughter is the healthiest of my children, and I attribute that to the formula. She's been using it from the time she was born.

By removing gluten from my diet and taking the formula, my health improved.

Within a few weeks, all of my problems were gone. I didn't bloat every time I ate.

The acne and boils went away. And little by little, the fibromyalgia went away. It probably took about six months, but I don't have joint pain anymore.

If I miss a couple of days on the formula, the problems come right back. As long as I'm taking the formula, my health is fine. I'm definitely 100 percent better than I was three years ago.

My whole life has changed because of the formula. It's given me my health back. It's given me hope, and gave my kids their mom back. It has given me

a whole new outlook on life, and I wouldn't trade it for the world.

Lost Weight and Gained Energy

Christine Rapoza • I have seven kids and have always struggled to lose weight. I'm always doing something and my life is very busy. I was introduced to the 90 essential nutrients formula by my mom.

About a year ago, I started using the formula on a daily basis, and have been doing so ever since. I went on a cruise last year, and when I came home I realized I had lost 12 pounds. I wasn't even trying to lose weight at the time. I lost 35 pounds in six months when I was taking the formula.

Since I've been on the formula, I have the energy to go to all of my kids' soccer games, basketball games, and other activities. I also work full time and feel great. The formula has been great for me.

For anyone thinking about trying the formula, I would say just do it. I regret that I didn't start taking the formula when I was first introduced to it, because it has helped me tremendously. I have so much more energy today from taking the formula.

Able to Walk Pain-Free

Teresa Callahan • I have suffered from degenerative disc disease in my lower lumbar and in my

neck for about six years now. When I was first diagnosed, it was almost debilitating. I had very little motion and feeling in my legs. When it migrated into my neck, I suffered from migraines. The pain moved into my arms, hands, and feet. It was pretty miserable.

My friend has been encouraging me to start using the 90 essential nutrients formula, and I did just that. I feel good so far.

I've been using the formula for my feet. It literally has helped me be able to walk throughout the day. It's relieved the pain and swelling in my feet for several hours. I am honestly amazed at how the formula works to keep me pain-free for so long and how it has kept the swelling down.

I don't have to take over-the-counter pain medications any more. When I was relying on them, I had concerns about my liver and kidneys. I'm really grateful for the formula, and I'm looking forward to becoming healthy.

I have been most impressed with the purity and absorbability of the formula. We are literally flushing away most of the other over-the-counter vitamins and products we use. I'm excited about how much of the formula our bodies actually use.

If you're thinking about trying the formula, I would just say go for it. We have such a short time here on

earth. Why not be healthy and use good products so you can live life to the fullest?

Able to Bend Knee Again

Charlene Browning • I served 23 years in the military. I could hardly bend my knees or even bend down without pain, so I had the cartilage on my right knee repaired by the doctor. At the time, the military doctors told me I had general arthritis and I'd never be able to run again. They told me that in my later years, I would need a knee replacement, which was devastating for me. I told them I was not going to let that happen.

Ever since I had the cartilage repaired, I'd had the problem of my knees swelling up. I could hardly walk and I was in pain all the time.

A number of years ago, I spoke with an expert on the 90 essential nutrients formula, and I started taking it.

After taking the formula for about three weeks, I noticed I wasn't feeling pain like I had been. The swelling had gone away, and I was feeling better. I could bend my knees. Then I noticed that I was waking up without pain. I tried bending over and I was able to do it.

I've been taking the formula consistently for two years now, and I haven't had any problems.

It's all just by taking the vitamins and minerals as instructed.

I have a lot of energy. My knees feel fine. I don't have the popping and swelling like I used to. I haven't started running, but I don't have any problems with walking.

I guess what sets the formula apart is the dosage in it. I've tried other products, and I would just take what was on the bottle, and it really wasn't doing anything. I was told that I would have to take a certain amount in order for the bones and joints and everything to start growing back.

If you're just starting out on the formula, it works. You have to see the results in order to know what it can do, but I can tell you that the formula really does work.

Carpal Tunnel Vanished and Controlled Depression

Sandra Zamora • I've been a dental assistant for over ten years. Dental assisting requires constant hand work. Over time, I've developed carpal tunnel in both hands. It was really painful. There were times when I came home and I had to wrap my wrists because it was so painful.

Since I was a child, I've always been extremely depressed. I've struggled with anxiety and suicidal

thoughts. My parents took me to doctors, and I've also visited psychiatrists as an adult.

Being in chronic pain automatically depresses people. My doctor appointments were expensive, and I didn't have insurance. I gained a lot of weight, and I became more depressed as time went on. I had trouble sleeping. It was really tough.

I was introduced to the 90 essential nutrients formula a year ago. I started using the formula. Within three weeks, the carpal tunnel was nonexistent. It helped with my depression and insomnia too.

Now I sleep like a baby, and I've felt better than I ever have before. Life is still difficult, but I can cope with it.

Sometimes I want to do an experiment. I start to feel fine, so I stop taking the products. Then I feel the sensation that the carpal tunnel is coming back. I also start to cry for no reason. This is when I realize that I'd better get back on the formula. I can now say I'm a happy person.

When you try the formula, give it some time. I know people are looking for immediate results, but be patient. Give it time, and it will work.

Stroke No Longer a Threat

Lynn White-Morris • I had a headache all the time due to allergies and stress. I was on many over-the-counter products. I didn't eat a lot, but my

weight continued to soar. My blood pressure reading was also pretty alarming. I had stomachaches all the time. My feet and legs were always swollen, and it hurt to walk. It was a struggle to get my body out of bed.

I'm a substitute teacher by day, and I do mental health counseling by night, so I'm always on the go. It took me a long time to walk through the halls at school. At home, I never mowed the lawn or took care of the yard.

By the time a friend introduced me to the 90 essential nutrients formula, I felt like I'd tried everything. I didn't believe that the formula could help, but this time, something was different.

My whole life changed in a positive way when the formula arrived in the mail. Within three days, my knees, bones, and joints didn't ache as bad. By the tenth day, I was sure that my improvement was due to the formula.

I felt like I was running through the halls at school. In one day, I cut the whole lawn, weed whacked, and cut hedges at home. I was amazed. I could now do the daily physical activities that I couldn't do before.

Within two weeks, I had lost 17 pounds. My double-chin was gone. I have now lost 37 pounds since I started using the formula. My blood pressure also improved within a month. It's still a little high, but

it's much easier to manage, and I am no longer in danger of a having a stroke.

The formula can restructure your body from the inside out. Since I've been on the formula, I've only had three headaches because my body was detoxing. I'm just a happy camper.

I definitely recommend the formula. You have to be willing to commit to change going into it. The formula will change your life. You'll experience absolutely tremendous results.

Cyst Went Away

Nancy Ford • I had a cyst on my thumb for over five years. I tried to get rid of it, but nothing worked. I learned that the only thing I could have done was to have surgery on it.

My husband is a chiropractor, so I'm interested in finding natural ways to do things. When I was approached with the 90 essential nutrients formula, I was very excited. A friend gave us a recording about the formula and talked to us about it. I had a general interest. My husband was even more interested because he's had some health challenges.

The cyst I had went away within five months of when I started using the formula. I'm really glad I didn't have the surgery. I was also able to lose 40 pounds in three months. I'm now down five sizes,

and I'm just thrilled. I didn't realize how heavy I really was.

The formula has changed my metabolism. It's changed everything. I have more energy. I don't have cravings, and my appetite is curbed. I've been able to maintain the weight loss.

Many people have asked me what I have been doing differently. Try the formula. It definitely can't hurt you. You will notice the many benefits of taking the formula.

I'm just thrilled that I've been able to use it.

Living Without Vertigo

Marie Hansen • Five years ago, I began experiencing vertigo a couple of times a year. My mom suffered from vertigo to the point where she was scared to leave the house alone. Three of my sisters also struggled with it, so it runs in the family.

It would come at any time, and I didn't know what the triggers were. The doctors checked everything, but didn't know what caused it. They told me to take a pill when I felt vertigo, but that didn't work.

My daughter introduced me to the 90 essential nutrients formula last summer. I was panicking because I could feel the vertigo coming back. I knew I had to start work again in the fall, and I felt I had to be 100 percent better. I couldn't go through it again. I started taking the formula and went back

to work, and everything was fine. The vertigo hasn't come back since I started taking the formula.

Skydiving Without Arthritis Pain

Trudy and Ronny Anderson • My husband has had arthritis for over 20 years. He didn't have much cartilage in his right knee, but he refused to have a knee replacement. He said he'd just live with it, but it became pretty bad. A biologist told him not to slow down, or he would become crippled due to the arthritis, so he continued to work hard.

My husband has also sky dived for more than 50 years. He used to pay people to pack his parachute because it was hard for him to get down on his knees. After a weekend of jumping, he would be hurting and tired. It really took a toll on him.

My husband and I both started taking the 90 essential nutrients formula about three and half years ago. After the fourth week of taking the formula with other supplements, my husband had almost overnight results. I woke up one morning and my husband was dancing around the room. From that point on, he has not had any arthritis. He can stand and jump up and down like a kid again.

My husband still skydives, and jumps about a hundred times a year. When he jumps, he does formations with a group of people who are much younger than he is. One day, he packed eight

jumping packs, a record for him. Some kids there call him "the animal" now. Nothing slows him down.

On top of all that, he has experienced other benefits from the formula. His athlete's foot, hemorrhoids, and diverticulitis are gone. He also has a lot of energy. He tells everybody that he would never go without taking the formula. He doesn't want to stop taking the formula, because he doesn't want the pain to return.

Look Younger than Your Age

Kathy Blake • I have had two knee surgeries, two back surgeries, and I have been trying to lose weight on top of that.

Just over a year ago, I heard someone talk about the 90 essential nutrients formula on a radio show while I was at work. A week later, I got the formula. The next morning, I couldn't believe how I felt. A lot of people feel great in a few weeks or a couple of months after taking the formula, but I saw the results in just one day.

By taking the formula, going gluten-free, and cutting out sodas and oils from my diet, I started losing weight. Within five months, I dropped eight sizes. I'm still a size 8 after 16 months, so I knew that the formula worked for me.

I can see a big difference from taking the formula. I feel better. In fact, I've had people tell me I don't look my age anymore. I look younger. One person asked me if I was 35, but I just turned 69. I have two sons that look older than I do.

If you're thinking about taking the formula, don't be skeptical. Try it for 90 days, that's my best advice. The nutrients work.

Hand and Wrist Healed

Jerry Boone • I was hit in my hand with a ball thirteen years ago. It broke one of the bones in my wrist. Severe arthritis set in, and it grew worse as time went on. I stopped using my hand, and it was really hard to work.

My hand was always painful. I couldn't let anybody touch it. My fingers curled up when I shook hands. It turned white and scaly, and the feeling in my hand was going away.

I was on prescription pain medicine. It was the only thing that slowed the pain down, but I didn't want to take that any more than I absolutely had to.

I heard about the 90 essential nutrients formula at a presentation. Soon after, I took the formula, and I started seeing some results. My hand started feeling better.

After taking the formula for about four months, I could shake hands with people again. I can wiggle my fingers as if they were normal.

The formula has turned things around for me. It was the only effective treatment of my hand over the years. I would recommend that everybody try it. I know it'll make a difference.

Heat Exhaustion in Military

Pat Valdez • My family became involved with the 90 essential nutrients formula three years ago. I have some orthopedic-type injuries that I received while I was serving in the military.

My son Daniel is a sergeant in the Army and works in intelligence. At the time of this experience, he was stationed at a combat outpost out of Iraq on the Pakistan border in Afghanistan.

His new unit was on a patrol. He had stayed, and a new infantry unit had come in. These new soldiers weren't used to the altitude. It was late April, so there were still patches of snow, but they were out climbing up and down the mountains. It was really affecting the new soldiers.

In most cases, the medics that go with the units are prepared for anything and everything. But when it's cool out, you don't expect or carry a lot of medical gear for heat casualties.

The unit was at the far end of their loop and starting to head back when one of the soldiers went down as a heat casualty. The young man was well-hydrated, but he wasn't eating right. They'd been hiking at 10,000 feet, and the altitude was really affecting him.

He was wearing body armor, which is a vest that weighs about 45 pounds before you put any ammunition in it. He also had on a lightweight rucksack, which is a pack with just enough food and water in order to survive for three days, and light shelter.

They started loosening his gear, taking off his body armor and boots. Every soldier knows what to do for a heat cap, but the medics realized they didn't have the right equipment.

Daniel had the formula in his two canteens. He already drank one of them, and a bit of the other.

He told the medics to give the second canteen to the downed soldier. They didn't want to give him I.V. fluids, so he took the canteen and drank it.

The medics were already going through the steps to call for help to get the soldier out of there. Heat casualties are very dangerous in the military because of the stressful demands, especially when you're on the side of a mountain.

Within five minutes, the soldier was back up. His body armor was back on, his boots were back on, and his buddies had taken his backpack and parted

it out to other people. The soldier was now telling the medics, "I'm okay. Let's go."

The medics started asking Daniel what he gave to the downed soldier. When they got back, Daniel was handing out literature and even a couple samples of the formula.

Daniel returned from Afghanistan after a successful mission. The key thing on that patrol was the medics wanted to know what Daniel had given that soldier. It was an amazing experience.

Doctors Recommend Stem Cell Nutrients

Cliff Minter, D.P.M.

Cliff Minter, D.P.M. (retired), graduated from Illinois College of Podiatric Medicine.

Dr. Minter completed his surgical residency at the Hugar Surgery Center in the Hines Veteran Administration Hospital in Illinois before going into private practice in Ventura, CA.

Dr. Minter is a national and international speaker on the subjects of business and nutritional products.

Stem cells are the most powerful cells in the body.

We know that stem cells, once they're circulating in the bloodstream, will travel to any area of the body that has been compromised or damaged and turn into healthy cells.

There have been controversial discussions about the new stem cells found in embryos, but the truth is that everyone has adult stem cells in their own bodies. We are all created from stem cells. As a child or a young adult, your body automatically releases stem cells whenever you injure yourself.

That's why you heal so fast when you are younger. After about age 35, we don't heal as fast anymore, because the stem cells aren't released the same way as when we were younger. Stem cell nutrients help all of us heal our bodies.

If you look at the New England Journal of Medicine, you'll find that the number one indicator of a healthy heart is the number of stem cells circulating in the body.

Stem cell nutrients are the organic and all-natural way to stimulate the bone marrow to release adult stem cells into the bloodstream. By taking stem cell nutrients, you can maintain optimum health and aid your body in healing itself. It's certainly a better way to recuperate from an illness than using prescription drugs, because even when a medication works, it can often be hard on your liver and the rest of your body.

Stem cell nutrients have no negative side effects. This makes it a powerful approach to healing and good health in general. I found out about stem cell nutrients after someone asked for my opinion on it.

I did some research and found it to be one of the greatest ways to slow down aging that we have.

Aging is nothing more than the breaking down of cells. Stem cell nutrients combat that action. As cells break down, stem cell nutrients replace them with healthy cells.

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This is the greatest, most natural anti-aging method I know. I was skeptical at first, but the results I've personally seen in people I've talked with have been wide-ranged.

Lots of people have reported an increase in energy and better sleeping patterns.

I've seen people with arthritis in various parts of their bodies reverse the disease, and people with asthma end up with their lungs totally clear. One person that was on oxygen almost 24/7 is now totally off of oxygen.

Two ladies who suffered badly from PMS told me they were 100 percent symptom-free within weeks of starting the stem cell nutrients. Two people I know had "tennis elbow" which usually takes about six to nine months to heal.

Within weeks of taking stem cell nutrients, both report their "tennis elbow" is gone.

It makes sense, because stem cells go to whatever area is compromised and turn into healthy cells.

I use stem cell nutrients as a preventative. I've noticed an increase in my energy level and an improved sleeping pattern.

Stem cell nutrients have zero negative side effects, is very powerful, and we know how it works. It's good for children as well as adults. This is the best, most natural way I know to optimum health.

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If you just want to use it for prevention, this is the best thing I know for staying healthy. And if you do have health challenges, it's the best way I know of overcoming those and regaining optimum health.

Joseph O.F. Haynes, M.D., Ph.D.

Joseph O. F. Haynes, M.D., Ph.D., attended Auburn University in Montgomery, Alabama, and Ohio University in Athens, Ohio.

Dr. Haynes has worked in Birmingham, Alabama, and at Chapman College in Orange, California. Dr. Haynes graduated with Ph.D's in psychology and nutrition.

Dr. Haynes has been trained in preventative medicine and is a certified clinical nutritionist. His concentration is in helping people recover from illness and keeping them well. Dr. Haynes is currently practicing medicine in Guyana, South America.

As a physician, I try to do whatever it takes to assist people. They come in with a condition, and I try to help them prevent themselves from becoming ill again.

I'm always doing research into products which help with recovery. As a result, I stumbled across stem cell nutrients.

A friend used stem cell nutrients because he could not use his arm. After three months, he was able to overcome his condition. After a year of

being on stem cell nutrients daily, he's doing a lot better.

I had back pain. I used stem cell nutrients and I don't have back pain any longer.

Stem cell nutrients, when taken as a supplement, works like a policeman.

It seeks out problems then goes around and tries to correct what's wrong in the body.

For people who are considering stem cell nutrients to overcome their conditions, they may find stem cell nutrients to be crucial to their situation. This nutrition may be able to seek out the conditions and correct them.

The bottom line is that you want to feel better. If surgery is what is suggested, let us do what we can to avoid it. Surgery should be a last resort.

First, give stem cell nutrients a good opportunity to repair what is wrong.

You may very well be able to avoid surgery altogether, like many others. I've seen people who have had problems with hypertension or diabetes use stem cell nutrients and make dietary changes.

They have controlled their conditions to the point of being off medication.

Give stem cell nutrients an honest try. Don't look at it as something that won't work. It might not be overnight, but I'm quite sure you will have results.

One way or another, stem cell nutrients can benefit you. It can make a difference in your life.

Fernando Aguila, M.D.

Fernando Aguila, M.D., graduated from the University of Santa Thomas in Manila, Philippines.

Dr. Aguila finished his internship at Cambridge City Hospital, Cambridge, MA and completed his residency at the New England Medical Center in Boston, MA.

He obtained a fellowship in OBGYN anesthesia at the Brigham and Women's Hospital in Boston and a fellowship in cardio-thoracic anesthesia at the Cleveland Clinic Foundation in Cleveland, OH.

Due to a heavy patient load, I have recently found that I tire more easily, my legs are cramping, and by the time I get home, even my shoulders and rib cage hurt. I knew I had to find a way to increase my stamina, energy and vitality.

A friend gave me information about stem cell nutrients and how it promotes the release of stem cells in the body. One of the components apparently promotes the migration of the stem cells to tissues or organs where regeneration and repair is needed most.

My attention was drawn to the fact that it can increase energy, vitality, wellness, concentration, and much more. It sounded just like what I needed.

Since then, I've heard testimonials from others who have experienced significant improvement in their painful arthritis. They claimed the pain had become almost negligible.

I heard about patients who regulated their diabetes, blood pressure, and had improvements in cardiomyopathy, congestive heart failure, and even myocardial infarctions.

The improvements sounded dramatic. Because of all of their testimonies, I was willing to believe it could promote wellness in the human body.

I tried stem cell nutrients myself. After a day of hard work, I realized I wasn't tired at all, my legs were not aching, and I didn't have any shoulder pain.

I decided the stem cell nutrients must be working. I continued to take it, and was able to work so efficiently and steadily that one surgeon commented that I was moving like a ball of fire. Stem cell nutrients give me support physically and mentally.

Physically Reborn

Gerrit Woning • I am sixty-eight years old and have uncontrollable diabetes. Fifty units of insulin three to five times a day couldn't keep my blood sugar level normal. It would soar over 300, and the insulin could only bring it down to the mid-200 range. I developed high blood pressure and was

losing my eyesight from my unstable blood sugar. After ten days on stem cell nutrients, I was able to bring my blood sugar level down to 150 to 160.

After six weeks, I could control my sugar levels at 120 to 140 with less than 30 units of insulin. Within eight weeks, I didn't need to take insulin anymore.

Since then, I can maintain normal blood sugar levels without medication. My vision has cleared and the floaters in my eyes are completely gone. My blood pressure, which was 212 over 150, is now down to 110 over 60.

I also suffer from arthritis. I had been a professional soccer player in the Netherlands where I injured my knees. Later, in my handyman business, I had trouble using step ladders to install ceiling fans and the like. I would have so much swelling and pain in my knees, that I would have to literally crawl up the steps to get home.

Six weeks after starting the stem cell nutrients, I went off pain medication totally. The swelling went down, and it looks as though I have my soccer legs back.

The other day I was "carded" for my Senior Citizens Discount at a restaurant! I feel like I'm 39 or younger! My hair is even turning back to its natural color. Stem cell nutrients have revolutionized my life. I feel like I am physically reborn.

Regaining the Feeling of Youth

Ed Garza • I was an athlete in high school and college during my twenties. But when I turned thirty-five, I felt like I had aged overnight. I had no energy and couldn't sleep. I had horrible cramps in my legs along with poor circulation.

On top of all that, I have asthma. I gave up asthma medication years ago because of the side effects, so I suffered all these years, waking up every morning nauseated, with mucus buildup so bad that I would cough until I vomited.

I worried because Type II diabetes runs in my family. I craved sodas and drank one or two liters a day. My vision became so blurry, I couldn't read a phone book or numbers on a business card.

I started taking the stem cell nutrients and right away I noticed a tingling in my legs. My craving for soda vanished, and I thought wow, that is strange.

That night I slept seven hours straight, not having to get up once to go to the bathroom. When I woke up, I had no nausea, mucus buildup or vomiting.

Now four months later, my legs are mine again. I have no more cramps, and my circulation has improved. I have so much energy, I can jog now. My vision has improved so much I can read the phone book and business cards without trouble.

I'm excited about life. I feel like I'm in my twenties again, the way I should feel.

I Can Read Without My Glasses

Marjorie Sons • I am sixty and am visually impaired. I've worn glasses since age ten, due to being very near-sighted and having an astigmatism as well. Without glasses, I have to hold reading material three inches from my nose to see it clearly.

After including stem cell nutrients in my diet, my vision is improving. It sounds impossible, I know, but after five weeks I can definitely recognize a difference.

Without my glasses, I can now read literature ten inches from my nose! I'm so excited!

Before I discovered stem cell nutrients, I couldn't see the veins on a leaf, nor blades of grass without my glasses due to my inability to focus on nearby objects. Now I can.

In addition to my stronger eyesight, I also sleep through the night longer without interruption, have improved elimination, think more clearly, and people tell me that I look younger. I have very little gray hair and few wrinkles. I credit all this improvement to stem cell nutrients.

New Hope for Diabetes

Leona Stork • I had been taking medication for diabetes and high blood pressure, which had registered at 200 over 100. Even with medication, my blood sugar levels are rarely below 200.

I also felt tired and listless from colitis and Irritable Bowel Syndrome (IBS). Poor circulation kept my fingers cold all the time. I was feeling miserable, especially since I lost my husband a year ago. I miss him terribly.

The first thing I noticed after starting the stem cell nutrients was that warmth returned to my fingers. I couldn't believe it. It also alleviated my IBS symptoms, and I'm really excited not to be suffering from colitis.

Now I'm down to once a day on my medication for diabetes, instead of twice. My blood sugar tests are averaging 140 and sometimes as low as the 80s.

I'm no longer taking blood pressure medicine since my reading has dropped to 130 over 80 and my resting pulse is 60. I feel calm and serene, with improved mental clarity. I sleep better, and I have a more positive attitude as a result of taking the stem cell nutrients. I am so grateful!

I Can Breathe Again

Sandra Cleveland • For over fifteen years I have had a chronic cough due to year round allergies. During allergy season, I couldn't go to church or other functions, because people would think I was contagious. My coughing was so disruptive, I couldn't sit through a meeting. Often, without treatment, I would end up with bronchitis or bronchial pneumonia within 24 to 48 hours.

My immune system completely broke down, and I had fever blisters in my nose and around my mouth all of the time.

I kept getting worse and had no energy at all. The doctor put me on cortisone and allergy shots, worrying that my respiratory system was going to collapse. After three years, my health did not improve.

I heard about stem cell nutrients and decided to try them and after three days, I realized that I was not coughing anymore.

I cannot tell you how much better I can breathe. It no longer feels like somebody has a cloth over my mouth. I can feel the air going all of the way down into my lungs.

I sleep soundly now because I don't wake up gasping for breath.

The added energy has allowed me to reshape my body, because I can move around so much more. I feel great!

Saving My Life

Terri Branch • I suffer from Idiopathic Thrombocytopenic Purpura (ITP).

It began with blood in my mouth and hemorrhaging under the skin of my lower legs. My hematologist discovered that my platelet count was down to four thousand. A normal count is around four hundred thousand.

My doctors set up an emergency bone marrow test, which ruled out several deadly diseases and indicated that my spleen was destroying my platelets, thinking they were foreign intruders.

Autoimmune disorders can cause the immune system to attack in strange ways. Removing my spleen bought me twelve years of remission.

Eventually, I came out of remission when my platelet count fell to a hundred and eight thousand.

I struggled to maintain a safe level, taking high doses of steroids and other treatments, but eventually the count fell to a critical low.

I started taking stem cell nutrients, and my platelet count rose. When it got back up to nearly one hundred thousand, I quit taking the steroids.

I expect the count to continue rising, and I believe that stem cell nutrients are saving my life.

Running With a Bum Knee

Kenny Gaddy • I have a bum knee. Over the years it has taken a lot of punishment from playing different sports. My knee would buckle walking upstairs, feeling like the cartilage between the bones was missing. I used to run a lot, but I hadn't been able to lately because of the pain.

After three days of taking the stem cell nutrients, I walked upstairs without my knee buckling or feeling any pain. I was pleasantly surprised at the strength in my knee, so to test it, I ran up the stairs. I was so excited!

When I get up in the morning now, I hit the floor running. Nothing but the stem cell nutrients could have brought about that improvement.

92 Years Young

Thelma Martin • I am ninety-two years young and I have been dealing with many chronic health issues. I had been sick so long that sometimes I just wished to die.

I was completely blind in one eye, and the other eye had only 40 percent vision at best. The doctors said there was no chance I would recover my sight.

I also had problems with my hands, which were curved like I was trying to catch a baseball, and were constantly cold for the past three years. I could not move them and there was no way I could get them warm.

I also had an ulcer on my ankle since I was 18 that would break into a running sore every year.

My other foot had great big bunions on it.

I knew that something would come up that would help me. Then, two months ago a friend brought me some stem cell nutrients.

I began to take two capsules every six hours, three times a day.

On the second day, I began to feel heat in the palm of my hands, and on the third morning when I woke up, my hands were as straight as a 35-year-old's.

They were very warm and have not been cold since. The ulcer on my ankle has healed. There is no tightness or redness.

My legs have straightened out and feel like my old legs again. But the biggest thing for me is my eyesight: I can now see out of my eye that was totally blind!

I can see everything in the room and I can walk around the house without touching a piece of furniture. I feel that it is a miracle, and I am so happy

that I wish I could tell this to millions of people—especially the older people.

I have so much energy, and I feel better than I did when I was fifty years old.

I Amazed My Doctors

Barry Jones • While working as a contractor and builder, I accidentally fell five and half stories. I broke my back in two places, cracked four ribs, and shattered my pelvis.

My major organs were displaced, including my heart. At first, people thought I was dead, but the Lord spared my life.

Doctors said it was a miracle. I was told my left leg would be paralyzed, and I would need pain medication for a year.

Surgeries and therapies were scheduled, to prevent total paralysis. After my mother brought me stem cell nutrients, I reduced my pain medication until I needed none at all.

I followed through with physical therapy, and the doctors were amazed at my recovery, especially when I began to walk on both feet unassisted. I'm really blessed for having the stem cell nutrients.

I am now looking forward to an almost complete recovery which was not anticipated in the beginning.

Parkinson's Symptoms Gone

George Guyatt • I was diagnosed a few years ago with Parkinson's disease. My symptoms included loss of memory, difficulty walking, and tremors.

Three doctors in town, plus one at the VA, agreed I had Parkinson's. Recently, after starting on stem cell nutrients, I noticed a big difference.

Right away, my memory got better, and my walking improved 100 percent. I found it was much easier to get in and out of cars. I went to the neurologist for my regular check up, and she put me through all kinds of tests, but they all came back clear. I showed no signs of Parkinson's.

When she rotated my joints, she said she could barely detect a problem and couldn't believe what she was seeing.

She asked what I was doing differently, and I told her about the stem cell nutrients. She said she would like to know more about it and told me that I would not have to come back anymore unless I wanted to. I'll never be without the stem cell nutrients.

Lung Function Greatly Improved

Lawrence Ashdown • I am seventy-five, and for many years I've suffered from a serious lung disease related to emphysema.

A section of my lungs captures air, but doesn't release it, so the air expands and compresses the rest of the lung so it can't function well. This caused me to breathe very heavily, especially when sleeping, and restricted my daily activities.

A breath analyzer test and chest x-ray showed that I had lost 45 percent of my lung capacity.

The doctor said there was no activity in one section of my lungs. I was told there is no cure and no medication for my condition.

Due to medical restrictions and the advise of my doctor, we decided against removing that part of my lung.

Within three weeks of starting on stem cell nutrients, I noticed a definite improvement. I could walk much farther without stopping to rest.

My doctor tested the oxygen level in my blood and found it had increased.

He discovered some activity in the part of my lungs that showed none before.

I am now breathing better and don't hear that rattling sound in my lungs. All the congestion is cleared up.

Since then, I started an exercise program, and even though I push the limit, I have no soreness or stiffness in my arms, shoulders, or legs.

Stem cell nutrients have given me a much brighter outlook for the future.

Chest Tightness Gone

Jim Parker • My interest in alternative health care started thirty years ago after a severe bout with psoriasis and Bell's Palsy, which left me with an eye twitch.

The vision in my left eye was blurry. In addition, an old football injury had left me with chronic knee pain that made it difficult to use the stairs. I also had recurring pain in my neck, back, and joints.

Last summer, I became concerned when mowing the lawn or taking out the trash, because it caused a tightness in my chest and shortness of breath.

After taking stem cell nutrients for a couple of weeks, my knee stopped hurting. The pain is completely gone from my knee, neck, back, and joints.

After three months, my eyesight improved immensely, and I no longer have a twitch in my eye. I haven't had the tightness in my chest or shortness of breath since starting the stem cell nutrients.

Stem cell nutrients have improved my overall health, and I plan to take it for the rest of my life.

Muscle Damage Healed

Jay Stahler • I am sixty-six years old. I injured my head, neck muscles, and upper torso while working.

After months of physical therapy for muscle and nerve damage, two orthopedic surgeons told me I would not have a full recovery.

I needed rotor cuff surgery, as well, but decided to delay that as long as I could. I suffered with muscle spasms in my upper back and shoulder muscles until I started taking stem cell nutrients.

After six weeks, I can now sleep on either side all night long without pain. I've regained so much arm movement, I've rejected the idea of surgery. I also have much more energy. My muscles have relaxed and don't hurt anymore.

I believe I have healed, thanks to stem cell nutrients.

Liver Spots Fading Away

Maryanne Maldonado • Shortly after beginning the stem cell nutrients, I happened to burn myself on a hot coffeepot.

Within minutes, a huge blister appeared—a bubble filled with fluid. Later that afternoon, I looked down at my finger, and the one-inch bubble was completely gone. In fact, I couldn't remember which finger had been burned! I was amazed that an injury could heal up so quickly.

Six months after I added the stem cell nutrients to my regime, I noticed the liver spots on my hands and wrists slowly fading - I've never heard of this

happening. It appears my body is healing itself slowly and consistently from the inside out.

My husband, age fifty-four, noticed after three weeks using the stem cell nutrients that the dark spots on his face gently washed off when cleaning his skin. The skin underneath was brand new.

We had no expectations when we started the stem cell nutrients, but we are happy with the results.

Aid for Sinus Problems

Glenda Gray • I am a cranial sacral therapist who works on spines. I became interested in cranial sacral therapy after a serious spinal injury. My neck actually collapsed, and I had to have a metal plate put in it.

I ended up with numbness down my legs and on the bottoms of my feet. My legs and feet felt cold all of the time.

When I took the stem cell nutrients, I began to feel the warmth coming back into my legs, clear down to my toes-something I hadn't felt since my accident twelve years ago. My nerves and circulation seemed to finally heal. The stem cell nutrients gave me more energy, too.

In addition to the spinal injury, I have suffered from chronic sinusitis. When I went to bed at night, I always had to choose between taking medications

that have side effects or not being able to breathe. I hated waking up with a terrible headache.

After I tried the stem cell nutrients, I noticed that the sinus pressure lessened and my head seemed clearer. My sinuses began to drain, and I could blow my nose.

What a blessing! I'm looking forward to greater and better things from stem cell nutrients. I thank the Lord for it. I don't ever want to have to go without stem cell nutrients again.

Help for Diabetes and Tinnitus

DeWayne Flint • I am sixty-six years old and have serious health problems.

Fifteen years ago, I was diagnosed with Type II diabetes. My average blood sugar level has been 179.

My feet, legs and hands are always cold and painful. In addition, I need surgery for an enlarged prostate. I also suffer from tinnitus-a roaring and squealing in the ears-for which specialists did nothing except suggest a hearing aid.

Within hours of starting stem cell nutrients, my extremities warmed up considerably and did not hurt so much.

By bedtime, my glucose levels plummeted to one hundred twenty-nine. Overnight, my blood sugar levels fell another twelve points.

After two weeks, my blood sugar stabilized in the normal range and all discomfort in my legs and feet disappeared.

I no longer have an enlarged prostate—that problem ceased to exist. A sinus condition I have suffered from and doctored since childhood is completely gone.

I now enjoy a sense of well being that I never had before. My tinnitus has improved so much that I can even hear the whispers of my grandchildren as they tell me their secrets.

I Had Two Months to Live

Ian Seitman • Seven years ago, I was told that I only had two months to live. I had two brain tumors and was treated with chemotherapy and radiation, which left my head numb and deteriorated my eyesight. I lost hearing in my right ear. The treatments burned my sinuses and nasal passages, and my breathing was shallow. Some foods would cause seizures.

The side effects were worse than the disease. I sat at home under a blanket like a depressed vegetable. I had no balance and, when I did get up, I had to walk with a cane. The best I could do was ride a three-wheel bike for one block before returning for a nap.

Within 12 hours of trying the stem cell nutrients, my vision got sharper, and in a week or so, 80 percent of my eyesight returned.

My cataract disappeared. I could breathe again. I regained 50 percent of my hearing and my strength increased dramatically.

Soon, I was riding my bike every day for three miles. My doctor said that I had the best MRI that I had had in five years. The stem cell nutrients are a miracle.

My Doctor and I Were Both in Shock

Herb Farrell • I had a lot of complications following open heart surgery, which led to a lot of ongoing health issues.

I am on a daily regimen of checking my blood pressure, being aware of rapid heart rate, and weighing myself to watch for weight gain caused by fluid increases, among other things. I have blood work done on a regular basis.

I have tried many nutritional products that I thought would help me, but they didn't. However, when I was introduced to stem cell nutrients, I knew I had to try it.

I had blood work done before I started taking stem cell nutrients.

Three months later, I had blood work done again. All my numbers had decreased significantly and

were in the normal ranges. My doctor and I were both in shock.

My depression is now in check and I'm working on losing weight.

I have reduced the number of medications I have to take and I feel better over all.

No Illness is Incurable with Enzymes

The Human Body: Fine Tuning Your Engine

Humbart Santillo, N.D. is a doctor of naturopathy and a master herbalist. He is also a renowned lecturer and the author of six books on natural health. In 1993, he won thirteen gold medals in track, including one in the Canadian Nationals in the 100 Meters. Following is an abridged version of Dr. Santillo's article, "Sports, Enzymes, and Nutrition."

An athlete's main concern should be maintaining a healthy body and replacing the nutrient loss caused by exercise. Enzymes, carbohydrates, proteins, fats, vitamins, and minerals are the fuel the body needs to function. If you exercise, most of these substances are used up rapidly by the body and need replacement. Unfortunately, eating the proper amount of food and nutrients only solves half the problem.

The missing link in nutrition is enzymes. The nutrients may be present in the diet, but enzymes are the work force of the body. People often believe that they don't recover from exercise fast enough because they either overdid it or didn't do enough. The problem may be that their "engine"

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is congested with unusable fuel because of poor digestion well. Enzymes digest the food and release all the nutrients. The majority of people cannot utilize their food properly because they lack the proper enzymes.

Enzymes are present in raw foods and are very sensitive to heat. In his book *Enzyme Nutrition*, Dr. Edward Howell states, "Enzymes are completely destroyed when heated during cooking, baking, frying, or during food processing over 121°F."

This means that in most cases, cooking the food destroys the enzymes, which leads to enzyme-depletion in our systems. This causes rapid aging and fatigue and lays the foundation for chronic disease to develop. Why deplete our enzyme reserve with a poor diet when we can keep our vitality with enzyme-rich raw foods and by supplementing our diets with the proper enzymes?

There are three major classes of enzymes: metabolic enzymes (enzymes which work in the blood, tissues and organs), food enzymes from raw foods, and digestive enzymes (secreted by the pancreas and other digestive organs).

Individuals who exercise must be concerned about all three enzyme groups. The oral administration of enzymes for inflammations and sport injuries has been used for years by Max Wulf, M.D., author of the book *Enzyme Therapy*.

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It has been said that half of the body's energy is spent digesting food. If enzymes are added to the diet daily, more nutrients will be available and less food will be needed, resulting in less digestive stress and waste elimination. This is called energy conservation. The athlete will be able to work out more often, with greater intensity and less recovery time.

Lou Piccone played ten years of professional football. He was the only player to master seven different football positions.

When I met him, he weighed 210 pounds and stood 5' 8". By reducing his meat and dairy consumption and adding plant enzymes to his diet, he lost thirty pounds in two months.

Lou and I trained together for three months. We supplemented our diets with enzymes at each meal. In the New York State Masters Track and Field events, Lou won five gold medals.

Usually when one changes one's diet and loses thirty pounds while training, weakness is felt. Lou's strength remained the same, but his recovery time and endurance improved.

Both of us did this experiment at the age of thirty-eight. The amazing part was that our 100 meter and 200 meter times were actually better than our high school and college times.

When exercise or any sport is considered, one must be healthy. We must add to our enzyme reserve, not deplete it. It is great to enjoy sports and athletics, but it will be a short-lived experience if our metabolic enzyme reserves are not considered by adding supplemental enzymes daily to our diets.

Enzymes Heal Macular Degeneration

Paula Lively, R.N., received her nursing degree from Baylor University in Texas.

I was diagnosed with macular degeneration (a dark spot on the back of my eye) in March 1993. I would have lost my central vision and had only peripheral vision if it had continued.

I couldn't see things that were an arm's-length away from me, and I kept burning myself on my iron and oven.

In a six-month period, I went from bifocals to trifocals. People usually don't get things like this until they're in their sixties, but I was forty-six when I was diagnosed.

A month later I began taking enzymes. After taking them for one year, the deterioration of my eyes has actually stopped.

This is quite amazing, since macular degeneration is a progressive disease that almost never reverses itself. My ophthalmologist upgraded my diagnosis to maculopathy, which is a peculiarity of

the macula, not degeneration. The enzymes really did heal my eyes.

The enzymes also helped my asthma. It had been pretty severe when I was a child and it came back when I was in my mid-thirties. During allergy season, I would have to use inhalers about three or four times a week.

With the enzymes, I noticed that I needed my inhalers less and less. Then I didn't need them at all.

Enzymes have made me a healthier person. They lowered my blood cholesterol levels and gave me more stamina, so I don't need as much sleep.

My eating habits have also changed dramatically. For the first time in my life, I am actually craving healthy food. I'm confident that in the long run my overall health is going to improve even more because of enzymes.

The Natural Solution to Cancer

Dr. Leo Bolles, M.D., graduated from Marquette Medical School and has been in practice for forty-seven years. Dr. Bolles currently specializes in preventive and nutritional medicine.

I first became interested in enzymes after reading the work of Dr. John Beard, a Scottish embryologist in the early part of this century. He claimed that most degenerative diseases begin in the digestive

system. Perhaps that is why cancer has such a high incidence in the United States—where most people have a digestive problem.

Dr. Beard said that cancer cells have many of the same characteristics as the trophoblast cells that produce the placenta during pregnancy. Both kinds of cells grow quickly and invade other tissues.

If trophoblast cells continued to grow unabated in pregnancy, they could destroy the mother and the child. Fortunately, during the fourth month of pregnancy the fetus becomes completely developed and starts secreting certain enzymes, including trypsin and chymotrypsin, that stop the growth of the trophoblast cells, allowing the pregnancy to continue.

According to the Beardian theory, the consumption of excess animal protein overworks the pancreas to the point that it malfunctions and becomes inefficient. Because the average American eats twice as much animal protein as is necessary, the protein is never fully digested and used by the body. This leads to toxic fermentation in the intestinal tract, the symptoms of which are gas, bloating, abdominal pain, and colon irritation.

If the pancreas is malfunctioning, it can't secrete enough enzymes to suppress trophoblast cells, making these cells potentially cancerous. Acting on this theory, Dr. Beard began treating cancer

patients with trypsin and chymotrypsin in 1907. He had remarkable success with this treatment, which he describes in his book, *Enzymatic Treatment of Cancer*.

Most Americans need to have a diet that contains more raw food than they're currently consuming.

Food enzymes work in your stomach because they are compatible with its acidic pH. Pancreatic enzymes, however, are only compatible with the alkaline pH of the small intestine. You need both types of enzymes, so you need to eat the right amount of raw foods as well as take food and pancreatic enzymes to supplement what your body lacks.

I recommend that people take digestive enzymes with their food, especially if it's cooked.

Enzymes Save Lives

Michael O'Brien has been in the health field since 1962. As an expert in enzyme research, he has been involved in the formulation of numerous health products.

Is the food you're eating digestible? If you eat mostly cooked food, it may not be. Studies have shown that raw food is easier to digest and healthier than cooked food, because it contains enzymes.

Even raw food isn't as healthy today as it was thirty years ago, because natural enzymes are

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being systematically eliminated from our food through mineral depletion

Enzymes are the workers in your body—they carry out every chemical reaction. To have a healthy body you need both workers (enzymes) and building materials. The building materials are proteins, minerals, and vitamins. All of these are necessary to build a healthy structure.

Contrast that with having all the enzymes you need in your body so that your system can function properly. It's comparable to the way the Amish are able to put up a three-story barn in twenty-four hours because the whole community, even the little children, work on it. We need to have enough enzymes in our bodies to do the job right.

The first person to actively study enzymes was Dr. Edward Howell. He determined that your quality of life and energy level depend on enzymes. If you're low on enzymes, then you're out of workers and there's nobody to build your "house." It's this lack of enzymes that causes health problems.

It's a misconception among some doctors that you don't need enzyme supplements because your body makes its own enzymes. You need to take a good digestive enzyme so your food will be thoroughly digested and your liver will get the nutrition it needs to produce enzymes on its own. If the food you eat does not have enzymes with it, it's going

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to sit in the cardiac portion of the stomach and eventually pass, undigested, into the small intestine. That's where the pancreatic enzymes protease and lipase start their reactions, but they need extra help.

What's missing in the pancreatic secretions is the enzyme cellulase, which carries nutrients through the gut wall and transports metals and toxins out. It's found in raw food that's high in fiber and also in enzyme supplements.

There have been many studies on cancer that say we need fiber, but they forgot to mention that it was raw. Raw fiber has the essential cellulase in it.

A nursing mother provides her baby with all the enzymes he needs to digest her milk. Have you ever noticed that the stool of a breast-fed baby doesn't stink?

Enzyme supplements are the best way to cleanse your system. Most people associate cleanses with the bowel, but enzymes are actually able to cleanse your blood.

You know that your food isn't being digested if you can sit down to a huge meal, eat to the point that you can hardly move, and an hour later be looking in the refrigerator for something to eat. With improper digestion, the body compels you to search out food that contains what you need. That's why people have cravings.

When I give a lecture on enzymes, the first thing I ask the audience is what illness is the most impossible to correct. The first response is usually cancer, but that's an easy one. Then I put up a picture of a child with Down's syndrome. We're told it's a genetic failure. That isn't always true.

Once people with Down's syndrome start digesting properly and their bowels are cleansed, they're able to get the right nutrients, and their bodies can function as they should.

Over a ten-year span, their mental problems disappear and eventually you can't tell them apart from people without Down's syndrome.

Cancer is simpler because it is just the erratic growth of cells. A book called *The Cause and the Cure of a Cancer* shows that when the level of toxins in the body gets too high, cancer begins to grow in order to protect the body from death.

The cancerous tumor actually filters the toxins out of the blood, but as soon as the tumor is removed, the toxins come back because the cause of the poisoning has not changed.

Enzymes taken on an empty stomach will clean the blood. Enzymes taken with meals will thoroughly digest food. People need to stop the destructive process of undigested food.

Enzymes—The Spark of Life

Dr. Lita Lee has a Ph.D. in chemistry and works as a writer, lecturer, and enzyme therapist. She is federally licensed to administer the Howard Loomis urinalysis test to determine enzyme and nutrient deficiency. Dr. Lee is currently writing a book on enzyme therapy.

Enzymes are the spark of life—they run your entire body. You could not digest or absorb food, walk, talk, or even breathe without them. Enzymes are living substances that must be activated by a certain pH range, a certain temperature range, moisture, and coenzymes (vitamins and minerals).

For ten years I have used only plant (food) enzymes in my practice because they initiate the work of digestion in the stomach. They also work in the small intestine and blood. All people need plant enzymes. Unlike drugs, which control body chemistry, these enzymes enhance the nourishment of the body so it can heal itself. Enzymes will not interfere with drugs already being taken, but they may decrease the needed dosage.

Many doctors believe that you can't take enzyme supplements because they're destroyed in the stomach. That isn't true—they're merely deactivated by the stomach's acidity.

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Then when the food and the deactivated enzymes reach the small intestine, the body's alkaline reserve reactivates these enzymes at a higher, more alkaline pH. This is where pancreatic enzymes join activated plant enzymes.

Plant enzymes help you absorb and assimilate your food. When your body functions properly, food is digested into tiny particles of nutrition that go into your blood and then into your cells.

If you lack the necessary enzymes, however, this doesn't happen. People need to eat right and take enzymes or they will never get a sufficient amount of them. Unfortunately, few people do either one.

Modern methods of cooking destroy the enzymes in our food. If you eat only devitalized food and take no additional enzymes, your pancreas has to do all the work of digestion and your entire metabolic enzyme system is drained.

If your body can't break food down properly it's because of a lack of enzymes. Particles of undigested food sit in your stomach and enter directly into your blood. Whatever you don't digest becomes a poison.

Your body sends out antibodies to get rid of this material. The particles of undigested food often land in soft tissues and cause inflammation, which can lead to bacteria build-up and disease. A

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hundred different conditions, from acne to cancer, can begin this way.

There is an enzyme deficiency associated with every condition I treat. Enzyme supplements clean your blood by eating harmful bacteria, viruses, and debris. Once a person gets the right enzymes, the symptoms of their condition go away.

For example, the vomiting that often accompanies pregnancy can be treated with enzymes. You can also heal an ulcer in two weeks with enzymes.

Dr. Howard Loomis, the foremost living expert in enzyme research, had a woman bring in her little boy who couldn't walk, talk, or hear. Another doctor had told her that her son was a lost cause and should be institutionalized.

Dr. Loomis put him on enzymes, including protease, and in a few weeks the fluid cleared in the boy's ears and he was able to hear and speak.

A large percentage of my clients have been told by their doctors that they have mental problems and need antidepressants because their doctors couldn't find anything physically wrong with them. I have never believed that people "just go nuts." I believe that abnormal brain chemistry leading to mental problems is a direct result of abnormal body chemistry, poor nutrition, and hormonal imbalances. All of these can be corrected with enzyme therapy. When given the proper enzymes, the brain can

heal itself. In my opinion, enzymes are the secret to longevity and good health.

Tumors Vanished from All Over His Body

Mary Juhl • I have had severe diabetes for twelve years. It gave me high blood pressure, a weight problem, and poor eyesight.

I started taking enzymes and probiotics* over two years ago. These made the vitamins and minerals I was already taking more effective. Since that time my blood pressure has no longer been a problem, I've lost eighty-two pounds, and my eyesight has improved by eight points. I feel like a new person.

In November 1996, my husband Dick was diagnosed with cancer that had spread throughout his entire body. He was given four to six months to live.

He'd started taking enzymes previous to that because he had seen what they did for me, but stopped because he thought he was having an allergic reaction to them. We found out later that what he'd thought was an allergic reaction had really been a sign of progress—the enzymes were loosening up the cancer in his lungs. If he'd known that, he never would have stopped taking them.

At the time my husband was diagnosed, he was sleeping twenty hours a day—he was that exhausted. He went back on amylase, protease, lipase, a

multi-enzyme, and probiotics. He also put more raw food into his diet.

Within two weeks, he was able to use a treadmill again. By the end of March, his organs were totally cancer-free. Enzymes and probiotics helped Dick break the cancer down and clean it out of his body. It's been nine months now and he's still doing fine.

Because the enzymes eliminated the cancer, he was able to survive having surgery on his vocal cords in April. Doctors didn't want to risk it while he had cancer because they were afraid his throat would swell and cut off his oxygen.

My husband had the surgery and was able to return to teaching college full-time. His voice is his life, and now he has it back.

My husband and I feel very blessed to have had the support of our loved ones. All six of our children take enzymes now because they've helped us so much.

Enzymes are definitely the way to make your immune system kick in again. They break down putrefied food so it doesn't get stuck in your system.

Once your body is cleaned out, it heals itself. It's really fascinating what the body can do when you give it what it needs.

Biochemical Magic

Ann Louise Gittleman, M.S., has studied with some of the great nutritionists of the twentieth century and has a background in clinical and alternative health care. In the early 1980s she was the director of nutrition at the Pritikin Longevity Center.

Among the books she has written is the recent best seller, *Your Body Knows Best*, which was featured in *Newsweek* magazine.

Although enzyme research has been around for decades, it seems that only recently has its time come. Dr. Edward Howell, who began his enzyme research in the 1930s, said, "Without enzymes there is no life."

Enzymes are the catalysts for every process in the body. We know that vitamins will not work properly, minerals cannot do their jobs effectively, and hormones and proteins cannot operate without enzymes. They enable your body to digest, assimilate, and eliminate food.

There are two natural sources of enzymes—your body and raw food. The problem is that enzymes are lost in cooking because they are heat-sensitive and the high temperatures destroy them. In this day and age, however, many people do not eat uncooked food.

This causes a domino effect. When you can't get enzymes from raw food, your body uses its own, which in turn puts undue stress on your tissues and organs where these enzyme reserves are located. It becomes imperative that we supplement our diets with enzymes.

Enzyme supplements assist our systems not only in digestion, but also in the building up of the natural reserves needed to help repair our tissues and organs. Taking enzyme supplements is no longer a luxury, it's a necessity.

My enzyme background comes from my work with the digestive system and with parasites. Parasites, believe it or not, can negatively affect enzyme production because of their toxic secretions.

Many people with severe microorganism problems often lose the ability to break down lactose, or milk sugar. This is a by-product of parasites, not a genetic lactose intolerance. Once the individual is supplied with lactase—a type of amylase that is a starch-digesting enzyme, they are able to digest dairy products again. Similarly, individuals with a genetic or parasite-induced lack of hydrochloric acid in their stomachs do very well when they are taking protease.

The enzyme cellulase can help with fiber digestion problems. Individuals who are getting too much fat from foods like nuts and seeds are really

craving essential fatty acids because they don't have enough lipase in their system to break down and assimilate those acids.

Many people have either exhausted their system by overindulging in carbohydrates or no longer have the ability to breakdown lactose and sucrose because of damage from microorganisms.

Along with a healthy diet, taking the proper enzyme supplement can provide a quick resolution to this problem—the symptoms will disappear almost overnight. I've never seen anything that gives people results as fast as enzymes do, and I've been in the health business for a long time.

Enzymes are nutritional, biochemical magic as far as I'm concerned. It behooves us all to supply our systems with these very necessary elements that we are simply not getting from the usual sources anymore.

No matter what, we need to remember what Dr. Howell said, "Without enzymes, there is no life."

Free from Post-surgery Depression

Janet Burkley • I recently had a comprehensive health test done because I have a family history of heart disease and my insurance policy was ending. The test shows the condition of your heart, arteries, liver, lungs, gall bladder, etc.

The test revealed that I'm very healthy. The blood clots and plaque build-up I once had in my arteries are gone.

My doctor said I must be doing something very good nutritionally because that's the only way to get rid of plaque that has already built up. I told him that I was taking enzyme supplements and he said to keep doing it.

I'm pretty amazed that I'm so healthy because I've had a lot of health problems.

I have had numerous breast surgeries and after every single one I would get terrible infections.

Since I started taking enzymes four years ago, I've had four surgeries and haven't had a single infection.

I also haven't had to deal with the depression that women who've had breast cancer typically face and I attribute that to the enzymes. They balance my body and help me digest all of the nutrients I need, which I know makes a difference.

Thanks to enzymes, I'm so healthy now that I got a new insurance policy without any problem.

Diabetes Under Control

Dorothy Fletcher • I've had insulin-dependent diabetes for 47 years. I've also had a lot of stiffness and pain in my joints—so much that I was not able to garden for years.

I heard about enzymes from two of my friends who were suffering from cancer. Their oncologists had suggested that they try enzymes because of a study done on a sample of German athletes. Blood samples were taken from a group that used enzymes and a control group that didn't. The immune systems of the athletes on enzymes were boosted 2000% after one month.

I started taking enzyme products about two-and-a-half years ago and within six weeks I saw dramatic differences. My cholesterol dropped from 257 to 180 and my triglycerides were well within normal range.

My diabetes became a lot less erratic and easier to control. I stopped craving things I shouldn't, and even my joint pain disappeared. Over the next five months I lost thirty-five pounds (and I don't exercise regularly at all).

Enzymes have also helped my son and husband. My son travels a lot and when he doesn't take enzymes, he tires easily and has poor digestion.

My husband has also felt improvements. In fact, I almost wish I hadn't given him enzymes because he has so much energy he's practically bouncing off the walls. As for myself, I stopped taking all my other supplements because enzymes have everything I need.

Enzymes Gave Me Back My Life

Norma Withrow • Before I started taking enzymes two years ago, my health was down the tubes. I didn't have any sort of quality of life at all. For fifteen years I had severe problems with my menstrual cycle, including excessive bleeding, violent moods once a month, and paralyzing headaches. For ten years my body temperature was only 91°.

My biggest concern, though, was my low energy level. It got to the point where I was sleeping eighteen hours a day. It didn't matter if I went to bed at eight or midnight—I still had to drag myself out of bed the next morning, even if it was eleven o'clock. I knew I really had a problem because no matter how much sleep I got, I could not wake up, which made a regular eight-to-five job impossible.

I was suffering from major lethargy. When I had a task to do, I would figure out the best time of day to do it, then sleep before I did it and reward myself with more sleep after I finished. I could make it to my part-time job, but afterward I couldn't be by myself—I couldn't even get to the doctor on my own. Eventually I had to hire someone to monitor me twenty-four hours a day.

About two years ago I started taking enzymes and in two days my body temperature was up to 94°. After six months, my energy was back. I could

wake up at 5:30 in the morning ready to start the day, and that hadn't happened in years.

The enzymes greatly improved my menstrual problems, so my period isn't such a concern anymore.

My focus has improved—I don't feel like I'm walking around in a mental fog. Before, my life was just plowing my head into a pillow and praying everything would go away. Because I was fortunate enough to learn about enzymes in time, I found out life doesn't have to be that difficult.

If you would have told me three years ago that I would be as active as I am today, I would have said, "You must be talking about someone else, because there's no way." I'm so grateful for the people in my life who recognized that I needed help and introduced me to enzyme therapy.

When all of my doctors were only able to solve part of my problems, enzymes hit the bull's-eye.

Probiotics—Friendly Bacteria

Inside your body there are thousands, even millions, of living organisms. They make up two pounds of your body weight. Don't let this scare you—not all bacteria are bad. There are harmful bacteria and helpful bacteria. The hard-working, friendly bacteria produce a variety of substances that can prevent cancerous tumors, produce

natural antibodies, reduce cholesterol, deactivate viruses, and enhance the immune system.

They even produce and distribute vitamins (such as the B-complex) among your organs. One particular strain of bacteria called *Lactobacillus salivarius* produces acidophin, an antibiotic that helps protect against harmful bacteria.

What's the significance of all this? If you've ever taken traditional medicine, you know that it doesn't always do what it's supposed to.

Modern medicine that is designed to kill bacteria does exactly that—it kills bacteria, regardless of whether it is the helpful or the harmful kind. Medicine like that can actually poison your body by having a negative influence on the helpful bacteria.

The exciting news is that you can take probiotics to supplement the friendly bacteria your body already produces.

Having the right amount of probiotics in your body to work in conjunction with enzymes is essential for good health.

Now You Can Live Life Pain Free

Removing Limitations

Ricardo Garcia Pelayo, N.D., graduated with a degree in natural medicine with an emphasis on alternative medicine from the University of Guadalajara.

He is also licensed in biological medicine and has other medical degrees, including orthomolecular studies from Baden-Baden, Germany and San Moritz, Switzerland. He is also licensed in traditional Chinese medicine from Tianyen, China and alternative medicine in Prague, Czechoslovakia. Dr. Pelayo currently operates several medical clinics in Guadalajara and Mazatlan.

I was introduced to cetyl myristoleate through a patient who was suffering from rheumatoid arthritis. We'd tried several treatments for him and had seen little or no results. His hands were rigid and stiff and the pain in his knees was so bad he couldn't work a full day.

When we started him on the cetyl myristoleate treatment, the pain was reduced in the first few days. By the end, his hands weren't stiff and he felt stronger. He was able to move and do things he hadn't been able to do before. After seeing his

remarkable results I began to research and recommend cetyl myristoleate to other patients.

I found that it's not just a pain reliever, it's a treatment for the immune system that regulates how your body reacts to the damaged area. It goes to the root of the problem and corrects it, helping to improve the defenses in the body.

There are several characteristics I've found in cetyl myristoleate that make it attractive to many in my profession.

First, it reacts quickly and is easy to use.

Second, there are no side effects.

Third, it helps heal the bones and take away pain.

Fourth, and perhaps most importantly, the pain relief is permanent. One treatment is all you need to be free of the symptoms of arthritis for the rest of your life. But the most important characteristic I've found is that it's a natural product.

Cetyl myristoleate is very effective for every type of arthritis, and I have proven this with my patients.

At times I have felt helpless when I didn't see results with my patients suffering from arthritic diseases.

But now I see a new light, a new hope, and a miracle for people suffering from these problems.

My patients have returned to having a natural quality of life. They have found relief from their suffering.

Amazing Results for Arthritis

Edgardo Soto, N.D., has more than 20 year's experience with natural medicines and acupuncture.

After receiving his undergraduate degree in Puerto Rico and completing his graduate studies as a natural doctor in Spain through the Anglo-American Institute, Edgardo came to New York and has held a practice there for over 17 years.

I was introduced to cetyl myristoleate at a natural medicine exposition, where another New York doctor explained the medicine and offered specific results from patients as proof. Because I was present at the exposition to hear many of his patients' testimonies, I thought it would be worth trying for several of my patients suffering from arthritis and osteoarthritis.

I found cetyl myristoleate to be better than anything else my patients have tried. I have actual testimonies from people who have taken it and had a positive reaction.

I currently have three patients who are, or were, suffering from arthritis. One woman had arthritis in her knees and was in so much pain from the swelling that she couldn't walk without the help of a cane. We tried acupuncture, but the results were slow and varied.

After going to the natural medicine exposition, I decided to have her try cetyl myristoleate. The results were amazing. Within two days she called us and said the swelling was almost gone.

By the third day she was ecstatic. The swelling was completely gone and she could walk without the help of her cane. We had her continue the treatment as recommended. She is doing a lot better in every way.

Another woman, who was being treated for arthritis in her right hand, reported that she was feeling a lot better after five days.

After she took cetyl myristoleate, she came back for some tests and could easily use her right hand and had better circulation than ever before.

Right now we are trying cetyl myristoleate on a gentleman who is suffering from arthritis related to Parkinson's disease. We had also tried acupuncture on him, but we were getting very slow results. He has reported that he feels much better and is seeing more progress in his rehabilitation.

I think cetyl myristoleate is very helpful for those suffering from swelling diseases such as arthritis and other diseases such as lupus and MS. And when the product is guaranteed to work, it must be good.

My three patients that I've had use cetyl myristoleate have gotten better. I have great confidence

in this product, not only because it is a natural product, but also because I've seen the results in my patients' progress.

Enjoying Life Again

Malia Haynes • About six years ago, I started suffering from fibromyalgia. I was getting migraines, severe muscle pain that was as bad as rheumatoid arthritis, and such incredible fatigue that it ruined my life. I also had severe allergies and chronic sinus infections.

I was only thirteen when all this started happening, so I lost all of my teenage years—I lost my life!

I would drag myself to school, struggling to make it through the day. After school, I just slept—sometimes sleeping as much as seventeen hours at a time.

I couldn't go out with my friends and I didn't even do things with my family. All I could do was sleep and take medicine.

My mother took me from doctor to doctor, but none of them offered the help I really needed.

They diagnosed me with everything from a crooked spinal column to tendonitis.

The medications they prescribed gave me bad side effects and only made my condition worse. I was living a teenage nightmare.

During my junior year of high school a doctor finally diagnosed my problem as fibromyalgia. The doctor put me on a protocol that helped me cope, but I wasn't completely well. I was still really tired and taking a lot of medications. My teenage years continued to pass me by.

Finally my mother heard about cetyl myristoleate. Of course, I was willing to try anything. So I started using cetyl myristoleate, and felt a significant difference.

Now I am off all of my medications and my family doesn't even recognize me—they say I have a whole new personality. I feel great and can do anything I want. I'm able to enjoy a life that I wasn't even aware existed before I was introduced to cetyl myristoleate.

I have a job and I go out with my friends! I'm happily catching up on the six years that I lost. Cetyl myristoleate has changed my life!

Moving Easier than Ever

Margie Johnson • I have arthritis in both knees, so before my son told me about cetyl myristoleate I had a constant catchy, grabby feeling. Arthritic joints are like gears in a car that don't have any grease—they grind.

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Anytime I would walk or sit, bend my knee or go to straighten it out, it would catch and grab and hurt.

Both of my knees are bad, but the right one was a little worse and I had orthoscopic surgery on it for a torn meniscus.

But after the surgery it still hurt because even though they cleaned off the arthritis, it didn't take everything away.

Arthritis doesn't just go away. When it's there, it's there.

After my surgery I began using a natural supplement and it was helping, but it was a taking a long time and I had to use a lot. So when I ran out I didn't bother to get more.

I also had an anti-inflammatory prescription, but I didn't take it regularly because I don't like taking a lot of medications.

Then my son started to hound me about cetyl myristoleate. He kept telling me and telling me, and finally I said, "Oh alright, alright. I'll try it."

In less than two weeks, there was a big difference. It couldn't have been a figment of my imagination because I have both knees to contend with so I knew this was real.

It felt like someone had stuck an oil can in my knees and just squirted them full of oil, because

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instead of feeling dry, achy, catchy, and grabby, my knees felt like they had been lubricated.

It's like the Tinman on the Wizard of Oz. Squirt the oil in and he straightened right up. That's just about what it felt like with my knees. And I knew it had to be the cetyl myristoleate because I wasn't taking anything else. Since I've been using the cetyl myristoleate, I can walk easier and sit and bend and straighten my knees without them catching and grabbing.

Cetyl myristoleate keeps the joints lubricated, and that keeps me moving. I'm going to keep using it because it's an easy thing to do and it works.

Boosting the Immune System

L.W. Failor, D.C., D.A.B.C.N. Dr. Failor is a Board-certified chiropractic neurologist and has been in clinical practice for over 16 years.

Dr. Failor finished his undergraduate studies at the University of Southern California, Los Angeles.

He received his doctorate in chiropractic at Palmer College in Davenport, Iowa with additional training from New York and Logan College of Chiropractic at Bentley College in Waltham, Massachusetts.

I was introduced to cetyl myristoleate when it was recommended to me for arthritis related complaints caused by my college athletic career. I

played football and baseball for USC, and my bones took a pounding.

I'd had knee surgery, several broken bones in my hands, and a variety of joint injections. Living in the cold weather of Alaska for 13 years also took its toll on my body.

My arthritic joints had been flaring up, and after taking cetyl myristoleate, my knees and shoulder were bothering me less.

From a physiological perspective, I knew it was reducing the inflammatory response in my joints.

When we are sick or injure a joint, the body's response is to infuse that area with fluid. We interpret this as swelling—the first step of the healing process.

The fluid is actually liquid tissue, which delivers different types of cells that stabilize the area and get rid of the enzymes created by the injury.

If the area is re-injured, this liquid tissue begins to build up and become scar tissue. As it builds up in a muscle and you try to use that muscle, the tissue causes friction and then you have pain.

Cetyl myristoleate modulates the way the immune system responds to injuries. It improves the function of the cells that facilitate healing.

With these cells functioning better, the body can reduce inflammation, reduce the amount of scar

tissue that is formed, and thereby minimize the amount of pain that is experienced.

Without pain, the muscle can return to its pre-injury state and normal function can return more quickly. Cetyl myristoleate helps the body to fight disease by helping it stay healthy.

I am anxious for my family and friends to experience what I have. In fact, my sister had several complications with her knees. I recommended cetyl myristoleate to her, and her response was excellent.

I give cetyl myristoleate the biggest vote of confidence I can give to a product, I recommend it to the people I love.

Surgery Canceled

Marta Mendoza • I had arthritis pain in my spine, hands, and knees for more than three years.

There was so much pain it was hard for me to walk and I had to use a cane.

Where I live there are 45 steps to my apartment and I used to have to drag myself up them to get to the door. It took a lot to get me back down the steps, too.

At night I would even have to hang on to furniture and lean on the wall just to go to the rest room. There were times when I had to crawl because it hurt too much to stand up.

It was very difficult to kneel down in church, and I had to grab the bench so I could get up because I just couldn't stand up once I did kneel down.

My husband could see the pain in my face but didn't know what to do to help me.

I used to be a teacher by trade, but I wasn't able to continue in my profession because I couldn't walk or stand for very long. Because of this, my husband—who is the sweetest person—takes me with him everywhere he goes for business.

During a business trip to Los Angeles with my husband, a friend of his introduced me to cetyl myristoleate after meeting me and finding out I had such severe arthritis.

Within ten days the pain was gone. Before I had taken the cetyl myristoleate, my doctor had wanted to scrape and cut the bone in my hand to help the arthritis, which would have only helped ease the pain for another four or five years.

After taking several x-rays he said there was only a little bit of arthritis in my left hand and none in my knees, spine, or right hand.

No surgery, no pain, and I can walk without a cane. I can kneel down in church without worrying that I won't be able to get up again. I can go with my husband everywhere now without help and he doesn't have to worry about me anymore. I feel good and it shows on my face.

I am thankful for having my health back. I have never seen anything like cetyl myristoleate before. It's wonderful!

Building Again

Lee Lipscomb • In my 60 years, I have done a lot of heavy construction. Even though I've never made my living at it, I do enjoy it. I built our house, barns, seawalls, piers, and many smaller projects.

But for the past several years I have been having increasing problems with pain in my right shoulder caused by the accumulated effects of this work.

The pain interfered with the positions I could sleep in, and on bad days it severely limited the range of motion in my arm.

In fact, on many days I could not raise my arm above my head without severe pain.

After a few weeks of using cetyl myristoleate, the pain started to go away.

By the end of the first month, it was gone. I haven't had a single problem since, and now I can do virtually anything I want to. I've been able to go back to my construction hobby and even lift weights without any pain at all.

Before cetyl myristoleate I was ready to see a surgeon, but now I don't have to. Cetyl myristoleate totally and dramatically solved my problem!

I Can Work Again

Quinn Lee • In May I was doing some work in my kitchen supporting a range hood under the kitchen cabinet. I didn't balance myself and I ended up twisting my knee.

I thought it was nothing, so I didn't take care of it, but the next morning my knee hurt and felt swollen. Medication didn't seem to help, and I couldn't go to work because of the pain.

Having a hurt knee is crippling for your business and yourself. Missing work was too much for me. I own my own carpet cleaning business, so taking time off was detrimental.

My friend had given me cetyl myristoleate, but I thought that it was just for arthritis, so the bottle sat on my counter while I looked for someone to give it to.

Two days after my accident I decided to try the cetyl myristoleate to see if it would help with pain in my knee. It worked so well that I was able to go back to work.

After five days of using the cetyl myristoleate, my knee was great. When you're cleaning carpets you have to move around a lot of the time, but even with my knee problem I could work without discomfort.

The infection has not returned and it's been months since I've felt any pain. Cetyl myristoleate really works, and works quickly.

Hand Pain Relieved

Pablo Flores • I was suffering from arthritis, and the pain and swelling wouldn't let me do anything manual. As an electrician, I have to work with my hands and use tools but I wasn't able to hold on to them to work.

My hands used to lose feeling and fall asleep sometimes, and they didn't have any strength—I couldn't even cut a tomato. I couldn't close my hands, so writing was difficult, and my right hand hurt so badly that I couldn't use it at all.

With other medications, I didn't feel like I was getting better and the pain would always come back. I had to put my hands in warm water to gain temporary relief.

I learned about cetyl myristoleate by accident—the owner of the house I rent asked if I wanted to try it. I have been on it for a while now, and I would say that 90 percent of my pain is gone.

My hands don't fall asleep anymore, and I am able to work again—I can use a hammer and pliers.

Cetyl myristoleate is wonderful for arthritis. I'm active and I can do the things I want. Because

of cetyl myristoleate I am working again. It's marvelous!

Simply a Miracle

Laura Philemonof • When my daughter Kristen was 13, she was diagnosed with Myasthenia Gravis, a rare form of muscular dystrophy.

MG, as we call it, is characterized by severe muscle weakness—Kristen couldn't breathe very well or walk, and eventually had to use a wheelchair.

She couldn't chew or swallow, so she only drank liquids for quite some time, and her speaking was slurred.

She had double vision and her eyelids would droop, and she didn't have the strength to comb her hair or brush her teeth or do any of the things normal teenagers do.

Kristen would get up, eat, take a shower, and basically go back to bed. Worst of all, Kristen's facial paralysis didn't let her show off her beautiful smile!

Kristen's case was severe—in just two months she acquired two years' worth of symptoms. We saw several neurologists and they all recommended that we just accept my daughter's condition.

She was on a sensitive medication that had to be monitored carefully so that it wouldn't complicate her illness. And we had to be so careful about what

she ate because of the reactions the medicine caused.

I decided to take matters into my own hands, and we began to treat Kristen with alternative medicine.

For the next four years we did a lot of alternative treatments, and we finally saw enough improvement that we decided to take a vacation to Europe.

I was worried that Kristen might not be able to handle the trip.

One Sunday morning I got a call from a friend who suggested we try cetyl myristoleate. I accepted his offer without reservations, and we received the product ten days before we were supposed to leave for London.

Kristen started taking cetyl myristoleate that day, and by the second day I could see that she wasn't as fatigued. About five days after she started taking the product, she came to me and said, "Mom, I feel normal. All my symptoms are gone."

I was amazed—she wasn't taking naps anymore and she was able to go all day long without tiring.

Ten days later, Kristen was able to walk all through the airport by herself.

She went touring with me in London, York, Wetherby, Stratford, Birmingham, and Henley.

We walked for miles each day and she wasn't ever really tired. In fact, I got tired long before she did!

Kristen's energy level is up high, and that is so wonderful for me to see. I can see the difference in her eyes—they have their old sparkle back.

The improvement we've seen is nothing but a miracle. I never thought that my child would be out of her wheelchair, and now she's a normal seventeen-year-old!

Hope for Rheumatoid Arthritis

Faye Condon • I've had rheumatoid arthritis for nearly 40 years. About 10 years ago, I was diagnosed with fibromyalgia.

Both conditions have gotten progressively worse, especially over the past two years, to the point that I had to cut back on my professional career.

Until I found cetyl myristoleate, nothing other than drugs like non-steroid anti-inflammatories had addressed the discomfort of either the fibromyalgia or the arthritis, the pain and fatigue were always with me in varying degrees of intensity.

I wanted to try to avoid anti-inflammatories as much as possible so I needed to find another source of relief.

I have to admit that I was skeptical when I first started taking cetyl myristoleate.

I'm not usually negative, but I only ordered one bottle thinking to myself, "We'll see what happens..."

I didn't notice any immediate or obvious change, but I was waiting for the fifth day because it seemed to be a magical turning point for many people.

Soon the fifth day came and went with nothing new. On the seventh, eighth, and ninth days I was busy teaching a course in clinical dental radiography and my mind was focused elsewhere, so I did not pay attention to what was happening with my arthritis and fibromyalgia.

On the tenth day I got up and suddenly realized that I did not have the pain of fibromyalgia and I didn't know when it had left! I also realized that I was much more flexible.

When you have arthritis you can't just be active in the morning, you have to work into it, but I was moving and walking without the usual stiffness that greets the day.

I am still improving. The fibromyalgia is not bothering me and I no longer react to changes in the weather and low-pressure periods.

The discomfort in my joints is gradually lessening also.

Although I am not yet free of joint pain, after so many years of debilitating pain, I am so incredibly grateful for the flexibility and improvement that cetyl myristoleate has given me!

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I feel so free and I'm incredibly excited about feeling good again! I wouldn't feel this way without cetyl myristoleate.