

Results of Clinical Trial with 150 Adults

Rejuvenating Benefits of Advanced Antiaging Formula

By Jim English

Vital Cell™ advanced herbal formula has been shown to counter a host of common discomforts associated with human aging. The following summary, condensed from a clinical trial involving 150 patients, aged 55 to 89 years old, demonstrates how *Vital Cell* confers a wide range of antiaging benefits to enhance energy levels, reduce plasma viscosity, improve microcirculation and repair capillary damage.

By restoring microcirculation *Vital Cell* promotes internal organ function while speeding removal of cellular metabolic waste products, such as lipofuscin, that have been implicated in age-related degenerative health issues. *Vital Cell* has also been shown to support immune performance by increasing resistance to illness and improving overall health.

Researchers conducted detailed medical examinations of each patient prior to

the start of the trial, and again at the end of the 30-day treatment phase. After evaluating their data, the researchers discovered significant improvements in a wide range of symptoms.

Angina, Chest Tightness, Palpitations

With advanced age, arteries tend to thicken as fatty deposits accumulate on the inner lining of arterial walls, especially in the coronary and cerebral arteries. These deposits reduce arterial circumference and impair blood vessel elasticity, resulting in a lack of blood flow to heart tissues. Common symptoms usually include chest distress, palpitations, insomnia, and pain due to insufficient blood supply to the coronary arteries.

► **Angina:** Prior to treatment, 25 patients were diagnosed with angina pectoris. After one month of treatment, 23 of the 25 patients (92%) were completely free of

symptoms, and the remaining two patients reported that their symptoms were significantly reduced.

► **Chest Tightness:** Before taking *Vital Cell*, 106 patients reported experiencing chest pains. After receiving *Vital Cell* for one month, only two of the 106 patients (1.3%) continued to feel chest pains.

► **Palpitations:** Of 86 patients experiencing unpleasant sensations, including irregular and/or forceful beating of the heart, 82 reported complete relief from symptoms one month after treatment, and only four patients reported continued symptoms.

Coughing, Shortness of Breath

Human aging is associated with the partial or complete wasting (atrophy) of the adrenal cortex and sex glands, resulting in the deterioration of the mononuclear phagocyte system (part of the immune system) and a decline in antibody production for protection from infection. Other factors, such as a narrowing or obstruction of the pulmonary arteries, contribute to inflammation of the bronchial walls, resulting in lung congestion, edema, fibroplastic proliferation and narrowing of the bronchial tubes.

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Advanced Cough and Lung Support For Upper Respiratory Infections (Colds & Flu)

By Jake Paul Fratkin, OMD, L.Ac

Coughs are one of the main reasons patients visit doctors, both Western and alternative. Many people ignore their cough until it becomes apparent that it will not go away on its own. Besides treatment for daytime cough, patients also seek relief from nighttime coughing, painful chest sensations, sore throat, fatigue and headache.

Western medicine offers very few choices for dealing with cough, primarily antibiotics, antitussives (cough suppressants) and expectorants such as guaifenesin (found in products such as Robitussin®, Anti-Tuss® and Scot-Tussin®).

As recently reported by *The American College of Chest Physicians (ACCP)*, over-the-counter (OTC) cough expectorants and

suppressants don't treat the underlying causes of the cough, and often don't help relieve symptoms. Antibiotics are also of limited value, since 95% of all coughs are viral in nature. Antibiotics may be helpful for reducing phlegm, but they can weaken the immune system and allow a recurrent infection.

A Chinese herbal formula such as *BronchoPhase* is particularly useful for coughs, addressing both its root causes and resulting congestion.

Cough and the Common Cold

Chinese doctors view coughs as the result of the common cold, presenting with symptoms that can include sore throat, nasal di

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Natural Relief for

- Sore throat
- Stuffy nose
- Chest congestion
- Coughs
- Aches

... without side effects, drowsiness or agitation.

Vital Cell

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Symptoms include chronic coughing and shortness of breath.

Coughing: Before receiving *Vital Cell*, the patients were questioned about their coughing patterns. Coughing fits lasting five minutes or longer, and occurring in both the morning and evening, were considered diagnostically relevant. Thirty-six patients reported that they experienced bouts of coughing lasting longer than five minutes in both morning and evening.

After taking *Vital Cell* for one month, 34 patients reported improvement (94%), and only two cases reported coughing fits still lasting for more than five minutes.

Shortness of Breath: To determine shortness of breath, all 150 patients were required to climb one flight of stairs, after which their breathing was monitored and recorded. These records were compared to records gathered at intake.

At the start of the study, 42 patients experienced shortness of breath during the stair test. At the conclusion of the study only seven patients still experienced shortness of breath, while 35 patients (83%) were able to complete the stair test without difficulty. The difference was statistically significant ($P<0.01$).

Dizziness

Dizziness is one of the most common complaints of the elderly. Originating in the central vestibule of the brain stem, age-related dizziness is often related to impaired blood flow caused by hardening of the arteries.

Prior to the trial, 69 patients reported experiencing bouts of dizziness. After one month of treatment, 59 patients (85%) reported that their dizziness had abated, while 10 patients (15%) still experienced symptoms. The difference between the two groups of patients is statistically significant ($P<0.01$).

Edema, Puffiness of Lower Limbs

In the elderly, as plasma albumin levels decrease, colloid osmotic pressure of the plasma is reduced as well. Additionally, as aging blood vessels become increasingly permeable, plasma levels of sex hormones decline, leading to increased retention of water and sodium. Together these changes contribute to increased accumulation of fluid (edema) in the lower limbs.

Vital Cell has previously been shown to increase plasma albumin and sex hormone levels, leading researchers to theorize that the formula would aid in reducing lower limb edema.

Prior to administration of *Vital Cell*, 32 subjects were diagnosed with edema of the lower limbs, including edema resulting from chronic heart failure and chronic renal dysfunction. After one month of treatment with *Vital Cell*, 30 patients (94%) were free of edema, and only two patients still showed signs of swelling of the lower limbs.

Loss of Appetite

The gradual decline of the hypothalamus-pituitary-adrenal cortex is a hallmark of human aging. As the thyroid glands deteriorate, secretion of digestive enzymes and gastric juices are reduced, resulting in a loss of appetite.

Before receiving *Vital Cell*, 56 patients suffered from diminished appetite. At the conclusion of the study, 49 patients (87%) reported that their appetite had returned, and only seven patients continued to show signs of poor appetite after the treatment.

Blood Pressure

In the elderly, elevated systolic and diastolic blood pressure levels result from the loss of elasticity in the arterial walls. Other contributing factors include a narrowing of the diameter of blood vessels, increased resistance to peripheral blood flow, and elevated blood serum viscosity. *Vital Cell* has been shown to exert a number of positive anti-aging effects to aid in normalizing blood pressure levels.

Researchers measured blood pressure levels of patients before and after treat-

ment with *Vital Cell*. Of the 150 volunteers, only those with a systolic pressure greater than 160 and a diastolic pressure greater than 90 were selected for further evaluation, for a total of 62 subjects.

Before administration, 26 patients had blood pressure measurements greater than 160/90. The highest systolic pressure was 207, and the highest diastolic pressure was 120. The average systolic pressure was 149.78, and the average diastolic pressure was 89.4.

After receiving *Vital Cell* for 30 days, blood pressure readings greater than 160/90 were seen in only three subjects. The highest systolic pressure of those who were treated was 150, while the average dropped to 127.04. The highest diastolic pressure fell to 100, while the average fell to 79.48. These improvements were found to be statistically significant ($P<0.01$).

Improved ECG

Of the 150 study patients admitted to the study, 48 were previously diagnosed with coronary heart disease. Prior to receiving *Vital Cell*, ECG abnormalities were detected in 35 patients, including ST-T changes, frequent premature atrial beat, atrial fibrillation and frequent premature ventricular beat. Following treatment 30 patients (85%) were shown to be free of the previously detected ECG abnormalities, while five patients (15%) were found to still have abnormal ECGs.

Blood Flow

Researchers randomly gathered blood samples from 41 patients (20 males and 21 females) prior to treatment and at the end of the study. The examiners conducted the following tests on blood samples:

- Whole-blood specific viscosity
- Erythrocyte sedimentation rate
- Hematocrit (red blood cell count)
- Plasma specific viscosity
- Erythrocyte electrophoresis

While there were no detectable changes in erythrocyte sedimentation rate or hematocrit after treatment, test results revealed significant improvements in whole-blood specific viscosity, plasma specific viscosity and erythrocyte electrophoresis.

Microcirculation

Researchers randomly selected 51 patients to measure circulation in nail-fold microcapillaries prior to receiving *Vital Cell*, and again at the end of the study.

Dec. 2006

Vol. 1, Number 3

Nutrition Review

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Microscopic observations revealed significant improvements in the speed of blood flowing through the microcapillaries of the nail folds after treatment.

Immune Function

To evaluate *Vital Cell's* impact on immune function, the researchers selected 44 patients for blood tests. Efficiency of cellular immunity was determined by measuring lymphocyte transformation rate, and the immune function of red blood cells was determined by erythrocyte rosette (E-rosette) formation.

► **Lymphocyte Transformation Rate:** The average value before administration of *Vital Cell* was 53.944. This value rose to 59.444 after one month of treatment. This was a considerable increase showing statistical significance ($P < 0.05$).

► **Test of Rosette Formation:** Average value prior to administration of *Vital Cell* was 52.176. This value increased greatly to 54.647 after treatment. The difference was statistically significant. ($P < 0.05$).

Metabolism of Plasma Proteins

Albumin is an abundant blood plasma protein produced by the liver and secreted into the blood. In addition to preventing the leakage of fluids from the capillaries into surrounding tissues, albumin aids in transporting small molecules, such as calcium, unconjugated bilirubin, free fatty acids, cortisol and thyroxine. Serum albumin levels can serve as a useful marker of chronic liver disease and nutritional status.

Researchers measured albumin levels in 44 patients prior to administration with *Vital Cell* and again at the end of treatment.

► **Plasma Albumin:** The average value of plasma albumin was 4.573 before *Vital Cell*, and rose to 4.768 by the end of the study. These numbers were statistically significant ($P < 0.01$).

► **Plasma Globulin:** Prior to administration, average plasma globulin was 2.734. This number decreased to 2.564, indicating a statistically significant improvement.

► **Plasma Albumin - Plasma Globulin Ratio:** The ratio before treatment was 1.702, and increased to 1.897 following the treatment period. The difference indicated a great statistical significance ($P < 0.01$).

Summary

Vital Cell has been shown to have excellent therapeutic actions on such elderly disorders as chest tightness, insomnia, chest pains, coughing, shortness of breath, heart palpitations, dizziness and lack of appetite. *Vital Cell* has been shown to promote

Restoring Thymus Function for Enhanced Immune Support

The key to a healthy, functioning immune system rests with the thymus gland, a small organ lying just beneath the breastbone. The primary role of the thymus is to assist in the proliferation and differentiation of mature T-lymphocytes – cells that attack and kill viruses and bacteria. T-cells emerge from bone marrow in an incomplete state. In order to function properly the immature T-cells must first migrate to the thymus gland where they are programmed to mature into one of three types of specialized T-cells that orchestrate the immune response, attack and destroy invading viruses and cancer cells, and suppress killer cells by signaling the termination of an attack.

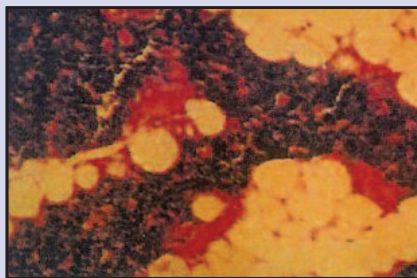
In our early twenties we have an abundance of well-functioning T-cells that regulate the immune system and help the body fight off pathogens and disease. After age 20, the thymus begins to shrink (atrophy) and thymic cells progressively die off to be replaced by fat and connective tissue. By about age 40 the output of thymic hormones has decreased significantly and T-cells have begun to lose their effectiveness. It is this gradual loss of functioning T-cells that is thought to be responsible for many of the age-related changes in the immune system that gradually rob the body of its ability to fight off

infectious diseases, autoimmune diseases, and cancer.

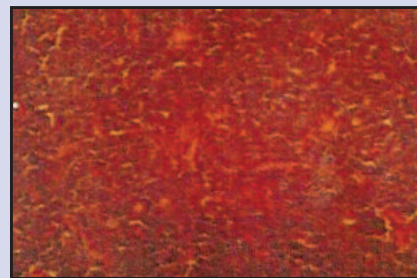
Antiaging Effects of Vital Cell in Rabbits

To evaluate the effects of *Vital Cell* on organ health, Chinese researchers conducted a two-year trial with two identical groups of rabbits. One group was treated with *Vital Cell* daily, and the second, untreated group served as a control. At the end of the study, the researchers compared the organs of both test groups of elderly rabbits to those of young, healthy juvenile rabbits.

When examining the treated rabbits the researchers noted that thymus glands of the old animals receiving *Vital Cell* retained the structure and functionality of glands normally seen only in young, health rabbits. Conversely, the thymus glands of the old, untreated control rabbits were severely atrophied, weighing less than a third of their normal weight, and consisting primarily of inactive fat and connective tissues. Similar results were observed when the researchers compared tissues samples gathered from the brain, heart, liver, kidneys, spleen and other organs. In each case, the organs of *Vital Cell*-treated animals displayed the form and function of tissues normally only seen in younger subjects.



THYMUS - Aged rabbit
Weight is 1 gram, severe atrophy, heavy fatty infiltration



THYMUS - Treated rabbit
Weight is 2 grams, firm mass, slight atrophy, no fatty infiltrate

healthy blood circulation while supporting expansion of coronary arteries and arterioles of the brain and lungs, increasing blood flow in coronary vessels, improving vessel elasticity, enhancing T-cell immunity and promoting the synthesis and metabolism of proteins. These findings indicate that *Vital Cell* is a valuable antiaging formula that can aid in reversing various disorders affecting the elderly, such as insufficient blood supply to the brain, coronary

heart disease, chronic bronchitis, and hypoproteinemia, without the risk of adverse or toxic side effects.

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[Note: This article is a brief summary of the original paper, and represents just a small portion of the extensive collection of research conducted on *Vital Cell*. Access to the original study, as well as additional papers, color slides and charts, is available on our web site, www.nutritionreview.org.]

Reversing Osteoporosis to Reduce Fracture Risk in a 78-Year-Old Patient

By Hyla Cass, MD

Recently, one of my long-time patients, a 78-year-old woman named Jean, called to tell me that her Beverly Hills endocrinologist was astounded by improvements in her bone density, as revealed by a recent DEXA scan. Her previous scan, conducted in August 2005, had shown that Jean suffered significant bone loss in the femoral neck of her hip (*osteoporosis*), and mild bone loss in her lumbar spine (*osteopenia*). Her endocrinologist wanted to know how Jean had reversed her history of progressive bone loss, especially since she had refused to take the Fosamax he'd prescribed. (I agreed with her decision at the time, since this medication causes increased bone brittleness, as well as other serious side effects.)

Up to that point Jean had been taking my usual prescription for osteoporosis therapy, which included calcium, magnesium, boron, vitamin D and strontium. This was apparently not doing the job, so I advised her to add *OsteoPhase*, a unique herbal formula that I had just discovered, which aids in restoring calcium regulation in the body.

Calcium Regulation

The problem with calcium supplementation is not how calcium is absorbed and digested in the digestive tract, but how it is regulated by the endocrine system. Once calcium and other mineral nutrients required for bone health have been absorbed, the real issue becomes how the body goes about regulating these nutrients.

Calcium regulation in the body is a complex process guided by feedback systems under the control of hormone/endocrine systems with the hypothalamus as the master gland in charge.

The bones serve as a primary storage reservoir for calcium in the body and the hypothalamus adjusts the storage levels depending on needs for calcium in other tissues of the body. Since every single cell regulates many of its functions with calcium-based mechanisms, this adjustment is crucial to everything that pertains to our health. For example, every action of all of our muscles, every contraction and relaxation, every single movement we make, is controlled by a calcium-dependent mechanism.

As we age, the hypothalamus begins to function less efficiently. One result is improper regulation of calcium, such that the storage depots of calcium in the bones begin to be depleted, particularly in the hips, lower spine and wrists. This contributes to less bone strength, or bone mass density.

When the loss of bone mass density is severe enough it is called osteoporosis, which dramatically increases the risk of fracture and subsequent, long-term debility.

When calcium regulation starts to fail, calcium floods into the soft tissues where it can accumulate and begin to calcify. Calcification occurs primarily in the arteries, heart valves, kidneys, and brain cells.

“It is typical for women at her age to lose about 1% of their BMD in the femoral neck per year. Instead, she experienced a 9.9% improvement!”

That is what makes *OsteoPhase* different from mere supplementation, because it appears to regulate calcium activity. It helps to replenish bone stores of calcium [absorption of calcium into bone tissue] where the calcium then contributes to bone strength. *OsteoPhase* also prevents calcium from flooding into the body and accumulating in other tissues. This capability comes from a unique (and costly) proprietary extraction process used to capture certain proteins in the oyster shell that are responsible for how the oyster regulates calcium. The oyster shell functions for the oyster much like our bones do for us, as an important support skeleton and reservoir for calcium storage.

DEXA Scan Reveals Improvement

After taking *OsteoPhase* for one year Jean's follow up DEXA scan revealed a truly remarkable improvement. She had gained 3.3% bone density in her lumbar spine, indicating a normal bone density reading normally seen in a healthy 30-year old woman.

The results for the scan of the femoral neck of her hip were even more remarkable – showing an increase of 9.9% in bone mass density, reflecting a change in her diagnosis from osteoporosis to osteopenia.

The importance of this improvement in bone mass density in the femoral neck of her hip cannot be underestimated. It is typical for women at her age to lose about 1% of their BMD in the femoral neck per year. Instead, she experienced a 9.9% improvement!

Determining Fracture Risk

According to the Surgeon General's annual report in 2004, there are 1.5 million osteoporosis-related fractures every year. These fractures generate 2.6 million doctor visits and 800,000 trips to the emergency room, resulting in 500,000 hospitalizations annually. Disability from these fractures also results in 180,000 sufferers being placed in nursing homes.

Osteoporosis-related fractures commonly occur in the hip, spine, and wrist. Hip fractures are the most serious, as approximately 25 percent of patients over 50 years of age die within one year of suffering a fracture. Of those who do recover from a hip fracture, only 15% regain enough mobility to walk across a room unaided within one year.

The most serious osteoporotic fracture occurs in the femoral neck. This type of fracture is painful, requiring hospitalization and causing considerable morbidity and mortality.

Because of its structure and composition, the neck of the femur bone in the hip is particularly vulnerable to fracture from the type of twisting falls common in the elderly. The nature of the fracture makes it particularly difficult to heal.

Femoral neck fractures frequently disrupt the blood supply to the femoral head. The progressive disruption of the blood supply can lead to serious clinical conditions and complications, including osteonecrosis and nonunion.

Summary

These DEXA scan numbers reveal a surprising level of improvement, and are even more remarkable given the age of this patient. The improvement in BMD score of the femoral neck reflects a reduction in fracture risk of 125% over her previous score from just one year earlier. After reviewing my notes carefully the only difference I can attribute to her improvement is the addition of *OsteoPhase* to her regimen. Needless to say, I have placed all of my at-risk women patients on *OsteoPhase*, including younger ones, since it appears that osteoporosis can occur at any age.

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About the Author: Dr. Hyla Cass is one of the country's foremost authors and speakers on the subject of integrative medicine. Dr. Cass has incorporated nutrition and natural health techniques into her practice for more than 20 years. She has written a number of popular books including *8 Weeks to Vibrant Health*, which has all the information women want to know about osteoporosis, hormones, mood swings, thyroid, adrenal, candida, chronic fatigue, and weight management.



Letters

With John Steinke, L.Ac. Licensed Acupuncturist and VP of Product Development for Tango Advanced Nutrition, Inc.

MetaPhase, Reduced Carb Cravings and Weight Loss

Dear John,

I'm not sure whether *MetaPhase* is doing anything for me, but when I first started I noticed a reduction in how much carbohydrate-heavy food I ate at one time. It's been what, 2 or 3 months, and I've lost a small amount of fat, but that could easily be attributed to running a lot more. That abdominal fat is very stubborn. Anyway I'll keep it up a while longer, then do some blood glucose measurements to see if those changed.

Stuart A.

Dear Stuart,

It actually sounds like you are getting very positive results from MetaPhase. The normal trend during aging is to gain 2 pounds of body fat and lose 1 pound of lean tissue each year. This is a gradual process, due in large part to loss of insulin and blood sugar control. A reversal of that trend is very encouraging and should be gradual.

The fact that you have experienced a reduction in carb cravings and improved energy and stamina may also be attributable to the restoration of pancreatic function by MetaPhase. All in all, a positive upward trend, rather than a problematic downward spiral towards diabetes and its complications.

The circulatory complications caused by elevated blood sugar levels do accumulate over time and cause a multitude of problems. Conversely, you will benefit in a myriad of ways that go beyond the fat loss and improved sports performance you are experiencing.

The gold standard for blood glucose monitoring is an A1C test to measure your average blood glucose level for the previous 3 months. So, taking MetaPhase a little bit longer should give you a good three-month period for evaluation of its effectiveness. An A1C score of 6 or less reflects normal levels, a good goal is to have a score under 7 and it becomes important to take action when the score is 7 or more. And, of course, if you have a

previous A1C score to compare with your new one it will tell you a lot about any improvements you may be accruing.

Sincerely,
John Steinke, L.Ac.

Herbal Boost Resolves Pain Following Heart Surgery

Dear John,

I am a 62-year-old male with advanced coronary artery disease. I learned about your company and began taking *Vital Cell* about 18 months ago.

This last June I had a 64-slice CT heart scan to determine the extent of calcium deposits in my coronary arteries. Unfortunately it turned out that I have very high calcium deposits and significant blockage in my left anterior descending artery (LAD). An angiogram was performed, leading to the placement of three stents to correct an 80% blockage to open up the artery. A few days after the procedure I was sent home.

Because I received medicated stents I was instructed to stop taking all herbs and begin a new pharmaceutical regime that includes aspirin and Plavix® to prevent clots from blocking the stents.

Immediately after surgery I began to experience fleeting pain and odd sensations in the middle of my chest, accompanied by a dry cough. Oddly, I didn't have any problem with shortness of breath during exercise. My symptoms persisted for almost 90 days before I decided to go to your website, as I do periodically, and read your announcement regarding *Herbal Boost* recovery formula. I proceeded to order three bottles and, upon receipt, began taking 4 capsules a day (2 in the morning and 2 in the evening). After using *Herbal Boost* for only three days my cough cleared up and all sensations of pain disappeared.

My thanks to you and your team for this fine product.

Mark M.

Combining MetaPhase with Vital Cell or Herbal Boost

Can I combine *MetaPhase* with other formulas, such as *Immuno-Phase*, *Herbal Boost* and *Vital Cell*?

M.

Dear M.

MetaPhase works by restoring the pancreas and improving insulin resistance in diabetics and those with metabolic syndrome. Many of our clients report significant improvements in circulation to the limbs by combining MetaPhase with either Herbal Boost or Vital Cell. Vital Cell restores healthy blood circulation and aids in reversing widespread tissue damage caused by years of poorly regulated blood sugar and insulin levels. Herbal Boost is a stronger blood circulation formula meant to rapidly restore circulatory health.

People with blood sugar and insulin disorders also generally have weakened immune responses. Ongoing use of Herbal Boost or Vital Cell will strengthen immune function. In this case, Vital Cell is the stronger, immune-enhancing formula.

John Steinke, L.Ac.

Vital Cell and Improved Live Blood Analysis

Dear John,

I've had to endure live blood cell analysis every month to monitor a serious long-term problem with rouleaux formations (sticking together of blood cells). Regardless of what I tried, nutritionally and emotionally, this problem refused to go away – until I started taking *Vital Cell*. After one month on *Vital Cell* my live blood cell analysis showed tremendous signs of improvement, and results continued into my second month. Finally, after three months on *Vital Cell* my live blood cell analysis was near perfect, with no further signs of rouleaux formations. I'm 70 years of age and very grateful to the Chinese doctor who developed this formula (and to you for making it available).

Ruth K.

Cough

Continued from page 1

charge, aches and, in a few cases, fever. For this reason one should make every effort to treat a common cold at its earliest stages, when the infection is still isolated in the nose or throat. In my view, the best way to do this is with a Chinese antiviral herbal formula, such as *ImmunoPhase*. Once a cold has migrated into the lungs, treating the resulting infection will be much harder and take more time to resolve. Even with herbs, cough can take from three to 12 days to completely clear.

BronchoPhase is especially effective in that it combines a variety of herbs traditionally used in different formulas for a variety of applications – an approach that is unique to *BronchoPhase*. Chinese medicine has many anti-viral herbs – one of its greatest gifts – and the inclusion of these herbs enables *BronchoPhase* to address the root causes of cough.

In Chinese medicine, as the cold virus migrates to the lungs it quickly triggers an inflammatory reaction. The first sign of lung infection is a dry cough that can become quite severe, resulting in a painful, barking cough. This hot, inflammatory stage quickly leads to congestion as the lungs react by producing phlegm, in part to try to protect the lung tissues. Phlegm itself, however, blocks the air passages, reducing oxygen exchange and contributing to increased fatigue. The cough is one mechanism the body employs in an attempt to loosen and expectorate the phlegm. Unfortunately, if inflammation and infection are not treated – and

resolved soon – the production of phlegm, and resulting cough, can go on for days, or even weeks.

BronchoPhase

BronchoPhase is based on classical Chinese cough formulas that date back to 15th and 16th centuries. These formulas are used by literally millions of people in China and continue to be popular today. Why? Because they are highly effective.

BronchoPhase is especially effective in that it combines a variety of herbs traditionally used in different formulas for a variety of applications – an approach that is unique to *BronchoPhase*. Chinese medicine has

many anti-viral herbs – one of its greatest gifts – and the inclusion of these herbs enables *BronchoPhase* to address the root causes of cough.

First, *BronchoPhase* contains herbs that reduce inflammation (heat) and fight viral infection (*Belamcanda She Gan*, *Andrographis Chuan Xin Lian*, *Scutellaria Huang Qin*, *Gardenia Zhi Zi*).

Secondly, *BronchoPhase* includes a selection of herbs shown to reduce chest congestion by breaking down phlegm and aiding in its removal from the lungs (*Trichosanthes Gua Lou Ren*, *Fritillaria Bei Mu*, *Platycodon Jie Geng*).

Finally, *BronchoPhase* provides

herbs that symptomatically halt coughing (*Stemona Bai Bu*, *Armeniaca Xing Ren*).

Best Results with Timely Use

Coughs can be stubborn and the sooner they are treated with *BronchoPhase*, the sooner they will resolve. While in some cases this can take anywhere from three to twelve days, with quick treatment coughs will gradually lessen in both duration and severity.

BronchoPhase is appropriate for all ages including children above the age of six. For infants less than six years of age treatment with Chinese herbs should be given only by an experienced practitioner.

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About the Author: Jake Paul Fratkin, Doctor of Oriental Medicine, is a leading practitioner of Chinese herbal medicine, Japanese meridian balancing and nutritional medicine. Currently in private practice in Boulder, Colorado, Dr. Fratkin specializes in internal disorders, infections and pediatrics. In 1999 Dr. Fratkin was named Acupuncturist of the Year by the American Association of Oriental Medicine (AAOM). Dr. Fratkin currently serves on the faculty of the Acupuncture & Integrative Medicine College, Berkeley, CA.

Preparing for the Cold and Flu Season

Mitchell A. Fleisher, M.D., D.Ht., D.A.B.F.M.

As a busy homeopathic family physician, I see a lot of patients, of all ages, come down with many variations of viral influenza. Usually my patients respond well to a series of specific, acute homeopathic remedies uniquely suited to the individualizing characteristics of their flu symptoms, along with additional buffered vitamin C and hot lemon ginger tea. But when the virus is particularly aggressive and the immune system is unprepared, more is required to support the healing process.

Last month, my nurse and I unfortunately experienced this dilemma firsthand. Put simply, we practice what we preach, take good care of ourselves and we're virtually never ill. However, my lovely wife returned from a faraway seminar infected with a very virulent, nasty strain of viral influenza that apparently spread from the Belgian participants at her conference.

This was a new bug, freshly introduced to the Americas that none of us have developed immunity to, i.e., effective antibody defenses to this particular virus. Needless-to-say, after being exposed to my wife's constant sneezing and hacking cough for a week, I too began to come down with symptoms over the weekend.

Beginning as slight burning in my throat and upper chest, my symptoms rapidly progressed into a severe sore throat, accompanied by thick, copious, sinus congestion, postnasal drip, raspy, irritating cough, lightheadedness, fatigue and severe muscle aches in my lower back and thighs. I felt sore all over, as if I'd been beaten with a club, and worried about being able to work the following week, since I had to attend to a full schedule of patients coming from far and wide.

At first a series of acute homeopathic remedies took the edge off, but my symptom patterns changed so rapidly that it was difficult to keep up with them and I often relapsed. High dose vitamin C, tinctures of *Echinacea*, *Astragalus*, *Lomatium* and *Aloe* helped somewhat, but didn't hold.

Finally, in desperation, I happened to email a friend and colleague on the west coast to ask if they were also experiencing this horrible flu out in California. Sure enough, he'd already seen several cases and warned me that, without adequate treatment, the illness was lasting three to six

weeks, and some elderly patients required hospitalization for viral pneumonia.

My colleague strongly recommended the following regimen: *ImmunoPhase*, 3 capsules every 3 to 4 hours; *BronchoPhase*, 4 capsules every 3 to 4 hours; and, *AllerPhase*, 2 capsules every 3 to 4 hours. I had several bottles overnighted for myself, my poor ailing wife, and my nurse, who'd also been struck by this belligerent bug.

"3 Phases" of Rapid Healing

We all began with the prescribed regimen and soon thereafter, within 24 to 36 hours, noticed significant improvement. I augmented the therapeutic program with 2,000 mg of buffered vitamin C every 3 to 4 hours. Thankfully, I was physically able

Healing Mists

When the cough is very deep and there is an obvious viral bronchitis (for which antibiotics are useless and probably harmful), I also recommend the following supportive care that I call the "Healing Mists:" purchase a cool mist, ultrasound humidifier and several pint bottles of 3% hydrogen peroxide at your local pharmacy; pour the entire contents of a one pint bottle of 3% hydrogen peroxide into the reservoir of the humidifier; next, pour two pints of water into the reservoir (this results in a 1% solution of hydrogen peroxide); set up the ultrasound humidifier by your bedside, or wherever you're resting, and breathe in deeply the cool vapors for several hours; this will help your immune

"Many of these patients reported that their neighbors, friends and co-workers had been sick for several weeks with this virus. After they caught the bug they were very grateful to heal so much more rapidly."

to tend to my scheduled patients that week without mishap. It was a fortunate thing too, because many of my patients were also suffering with a similar, nasty viral illness for which the usual remedies weren't working well. Consequently I prescribed a lot of the "Three Phases," as we now like to call them, and was able to observe rapid recoveries in my afflicted patients.

Many of these patients reported that their neighbors, friends and co-workers had been sick for several weeks with this virus. After they caught the bug they were very grateful to heal so much more rapidly.

To reiterate the antiviral flu regimen that really worked the best: *ImmunoPhase*, 3 capsules every 3 to 4 hours; *BronchoPhase*, 4 capsules every 3 to 4 hours; *AllerPhase*, 2 capsules every 3 to 4 hours; and buffered vitamin C with bioflavonoids, 2,000 mg every 3 to 4 hours (We use, and recommend, BalanCe, 1 teaspoon in warm water; from VRP, 800-877-2447, use #235277 to order at a discount).

system fight the viral infection in your lungs (your white blood cells actually use little packets filled with hydrogen peroxide to fight off infectious pathogens).

Finally, what has been working very well as an antiviral flu 'prevention program' is the following: *ImmunoPhase* 2 capsules daily; *BronchoPhase* 3 capsules daily; and, buffered vitamin C 2,000 mg daily.

Good luck, be prepared and stay healthy this flu season.

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About the Author:
Mitchell A. Fleisher, M.D., is a board-certified family physician specializing in classical homeopathy, nutritional and botanical medicine, chelation and bio-oxidative therapy with over twenty years experience practicing the gentler art and science of integrative medicine.