

More Clinical Experiences with ImmunoPhase, AllerPhase and BronchoPhase

Immune Defense for Colds and Flu

By Mitchell A. Fleisher, MD, D.Ht

Well, it appears that the current flu season is in full swing and it's going to be a whopper. U.S. health officials have warned of a new and virulent strain of adenovirus (cold virus) that has already resulted in the deaths of ten people across the United States, and put dozens more into hospitals. According to a U.S. Centers for Disease Control and Prevention (CDC) report, people are becoming infected with a strain of the virus called *adenovirus 14*. "Whether you're a healthy young adult, an infant or an elderly person, this virus can cause severe respiratory disease at any age," said John Su, an investigator of infectious diseases for the CDC. "What makes this particular adenovirus a little different is that it has the capability of making healthy young adults severely ill. And, that's unusual for an adenovirus, and that's why it's got our attention."

Our clinic has already treated several dozen cases of atypical influenza, inflicting patients with bad sore throats, conges-

tion, coughing, headaches, lethargy, moderate fevers, chills, aching all over with abdominal pains, nausea, vomiting and diarrhea. Given the long list of symptoms, the condition appears most like a mono-like viral syndrome.

We have also treated a large number of patients suffering from both classic and atypical presentations of acute viral mononucleosis (due to acute *Epstein-Barr Virus* or EBV infection). These patients come to our clinic after coming down with what at first appears to be a really horrible case of influenza. What makes these cases unique is that they seemingly never resolve, but tend to stretch on for weeks without improvement until we provide them the appropriate homeopathic and nutraceutical supportive care.

New Approach to Colds and Flu

As a busy family physician, I treat a large number of patients sickened by the many variations of viral influenza. In the past, my patients have usually responded very

nicely to a series of specific, acute homeopathic remedies uniquely suited to their symptoms, and supported with nutritional supplements, hot lemon ginger tea and chicken soup. Recently, I've noticed that often much more is required to support the healing process, especially when the cold or flu virus is particularly aggressive and the patient's immune system is unprepared.

Last flu season, my nurse and I were infected with a particularly virulent strain of influenza brought to the U.S. by a group of infected doctors visiting from Belgium. Fortunately, a physician colleague in California had already seen and treated this nasty, new virus successfully with several new advanced herbal formulations available from Tango Advanced Nutrition. Following his recommendations, I had several bottles of the herbal formulas shipped to my office.

After the formulas arrived, my nurse, myself and my poor ailing wife, who'd also been struck down by this belligerent bug, followed the prescribed regimen, taking: *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).

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ArthriPhase Advanced Arthritis Support Formula

By Jim English

Safe, Natural Relief From:

- Inflammation
- Pain
- Swelling
- Stiffness
- Weakness

Arthritis is a generic term for more than 100 different disorders, including osteoarthritis, rheumatoid arthritis, gout and fibromyalgia. Osteoarthritis, or wear-and-tear arthritis, is the most prevalent and disabling of all chronic conditions, affecting approximately 80 percent of all U.S. adults over 65.

Osteoarthritis is a degenerative joint disease involving the loss of articular cartilage, the smooth, slippery tissue that covers the ends of bones to allow them to slide smoothly across each other as joints bend and flex.

Osteoarthritis can be caused by a variety of conditions (diabetes) or as a result of age-related thinning of cartilage. Obesity, which exerts mechanical stress on knee joints, is a recognized risk factor for osteoarthritis. Additionally, physical trauma, surgery, sports and occupational injuries are important factors for developing secondary osteoarthritis.

Osteoarthritis begins as a normal inflammatory response intended to protect joint tis-

sues. For reasons not fully understood, the process goes awry, leading to degenerative changes in articular cartilage that cause the tissues to soften and swell up, making the cartilage less resistant to compressive forces and more susceptible to normal stresses. Continued use of the joint further inflames the surrounding synovial membranes and irritates the cartilage, leaving the once-smooth surface covered with pits and crevasses that further compromise the affected joint. Eventually, articular cartilage can be completely stripped from the bones, necessitating joint fusion or surgical replacement with artificial joints.

Treatment Options for Arthritis

There is currently no cure for arthritis and conventional medicine has little to offer beyond exercise (to increase joint flexibility), weight control (to reduce physical stress on the knees), and over-the-counter (OTC) or

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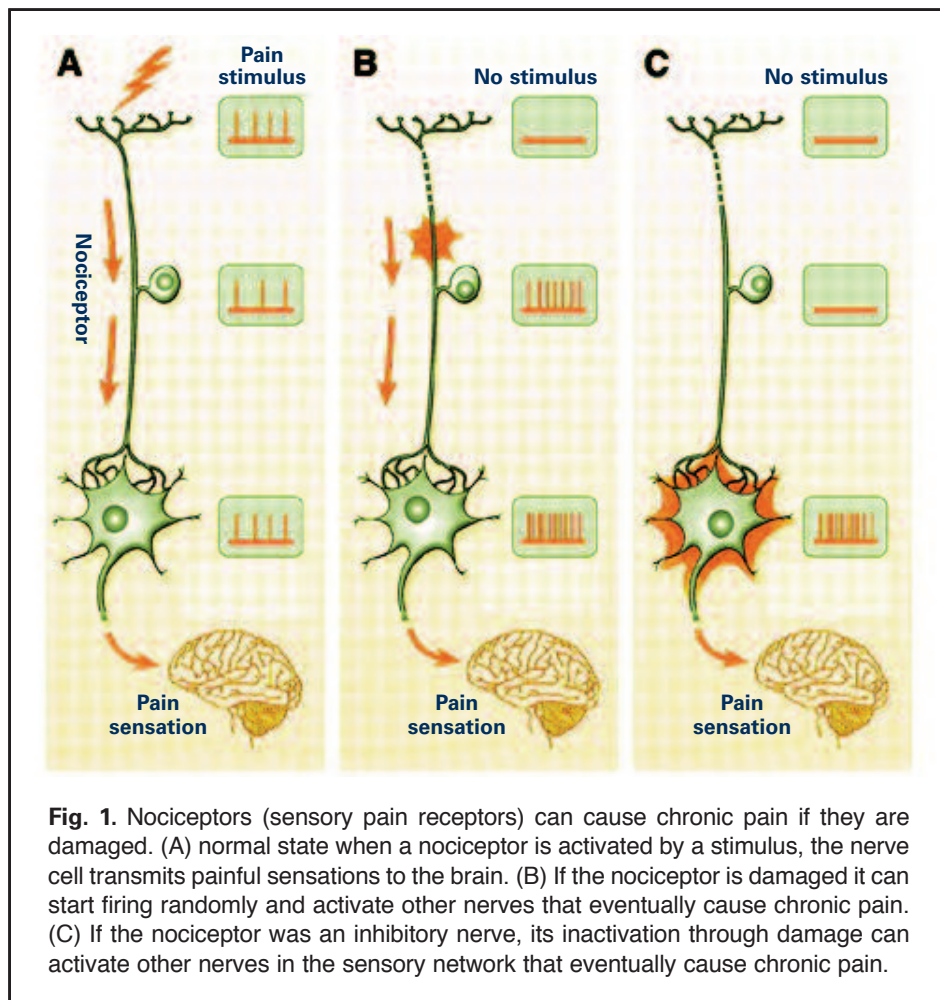
prescription anti-inflammatory and painkiller drugs to aid in managing arthritic symptoms.

NSAIDs

Non-steroidal anti-inflammatory drugs (NSAIDs) continue to be the primary treatment options for arthritic inflammation and pain. Unfortunately, popular over-the-counter NSAIDs such as aspirin, ibuprofen and naproxen, can cause stomach ulcers, GI bleeding and perforations when taken for extended periods. Additionally, NSAIDs block the synthesis of new collagen matrix, the body's main cartilage repair mechanism. By inhibiting this natural regenerative process, NSAIDs can temporarily dull pain and allow users to use their damaged joints *completely unaware that they are actually speeding up the destruction of joint cartilage*. In time, continuing joint damage exceeds the ability of NSAIDs to control pain, leading the patient to seek out more powerful analgesic agents.

COX-2 Inhibitors

The introduction of a new class of NSAIDs known as COX-2 inhibitors was initially hailed as a breakthrough in arthritic pain treatment due to their analgesic properties and a general lack of gastrointestinal side effects. COX-2 inhibitors work by reducing prostaglandins (chemical messengers) that cause pain and swelling. Unfortunately, COX-2



inhibitors also tend to increase risks of heart attacks and stroke by suppressing blood vessel dilation (vasodilation) and promoting formation of dangerous blood clots (thromboses).

Alternative Arthritis Options

Because of the risks associated with prescription and over-the-counter NSAIDs, use of alternative therapies, such as acupuncture, nutritional supplements and medicinal herbs, has risen sharply. Dissatisfied arthritis patients seeking nutritional support for arthritis have a wide range of choices, including natural compounds such as glucosamine, chondroitin sulfate, MSM and SAME. Still, many find that success can be a hit or miss affair, requiring both luck and trial and error to determine which combination of supplements is most effective. Additionally, as with drugs, use of some supplements may be contraindicated due to interactions with pharmaceutical medications (i.e., warfarin, antidepressant drugs) and degenerative diseases such as diabetes and heart disease.

A Natural Alternative for Safe Pain Relief

Concern over the side effects associated with conventional arthritis therapies has sparked a renewed scientific interest in traditional natural arthritis remedies. A review of leading Chinese and English language medical journals reveals a surprising number of recently published studies detailing new insights into the biological and biochemical mechanisms of Chinese herbs historically used to safely relieve arthritic inflammation, pain and swelling.

Drawing on this wealth of new data, a team of Chinese medical researchers developed a new, advanced multi-herb formula that demonstrates a range of benefits previously unobtainable from conventional or alternative arthritis therapies. This formula, *ArthriPhase™*, is now available in the United States.

While each of the 12 herbs comprising the formula has a long history of use in traditional Chinese medicine, the unique efficacy demonstrated by *ArthriPhase* relies on each of the ingredients working in concert with the others to act on multi-

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ple biochemical pathways to provide analgesic, anti-inflammatory, and circulatory benefits. Since *ArthriPhase* does not rely on a single chemical in large quantity, like a drug, to get results, it is also very safe to use. The following is a brief review of specific benefits as revealed in recently published studies.

Relieving Chronic Arthritic Pain

Chronic pain is one of the most difficult problems for those coping with arthritis. According to the CDC, arthritic pain is the nation's leading cause of chronic disability, and nearly 19 million U.S. adults report that arthritic pain severely limits their daily activities.

While never pleasant, not all pain is bad. Short-term, acute pain serves as the body's alarm system, warning us of danger (minor cuts, insect bites, etc) while enabling us to learn from potentially damaging experiences. By contrast, the long-term pain associated with arthritis is a fixed, constant presence that is almost impossible to control.

Arthritic pain begins when specialized receptors (nociceptors) are activated following damage to joint tissues. This activation results in the release of pro-inflammatory prostaglandins and cytokines (chemical messengers) such as IL-1 and TNF-alpha. These chemicals stimulate the release of additional inflammatory enzymes that further damage cartilage while blocking the body's efforts to initiate repairs.

As inflammation worsens, joint tissues swell up and begin to compress pain nerves, resulting in degenerative nerve damage that triggers the release of even more inflammatory cytokines directly into the nerve roots. Over time this process alters the very structure of pain cells, causing them to become sensitized to the constant stimulus (Fig. 1). This process results in a lowering of pain threshold that directly amplifies pain signals while increasing sensitivity to pressure and temperature. In other words, the pain persists even after the original painful stimulus is no longer present.

Inflammation-induced pain responds poorly to currently available analgesics, making new compounds capable of relieving chronic arthritic pain an important target of intensive drug development.

One of the most important subjects of ongoing drug research involves a type of cell structure called a sodium channel. By controlling the flow of ions into and out of pain receptors (nociceptive neurons)

Anti-inflammatory Properties of ArthriPhase™ Herbal Components

Gastrodia Elata	Inhibits nitric oxide production; Inhibits COX-1 and COX-2; Reduces exudates production; Reduces leukocyte migration.
Rehmannia Root	Inhibits TNF-1 by inhibiting interleukin-1 (IL-1) secretion.
Tang-kuei	Reduces urate crystal induced inflammation. Decreases exudates, leukocyte count, neutrophile density, IL-6, TNF-a, and PGE2. Increases anti-inflammatory PGD2 and normalizes PGD2/PGE2 ratio.
Notopterygium	Inhibits 5-Lipoxygenase (5-LOX); Inhibits COX enzymes.
Ligusticum	Inhibits TNF-alpha production and TNF-alpha-mediated NF-kappaB activation (TNF-alpha bioactivity).
Achyranthes (cyathula)	Inhibits collagen-induced arthritis and acute edema. Two novel triterpene glycosides isolated from Achyranthes are 1,000 times more potent than the blood group antigen, Sialyl Lewis X, (SLeX) at inhibiting excess recruitment of neutrophils to injured tissues.
Scrophularia	Reduces edema, cell infiltration and proliferation of activated T-lymphocytes. Inhibits production of prostaglandin E2, leukotriene B4, NO, IL-1beta, IL-2, IL-4, TNF-alpha and interferon-gamma. No effect on production of important anti-inflammatory cytokine factor, IL-10.
Viscum	Inhibits reactive oxygen species (ROS) and nitric oxide (NO) production in inflammatory cells. Potentiates PGE(1)-caused inhibition of superoxide anion release and calcium mobilization, as well as elevation of cAMP formation.
Angelica	Inhibits TNF-alpha production and TNF-alpha-mediated NF-kappaB activation.
Aconite	Suppresses the exudative and proliferative stages of chronic inflammation.

Table 1. Anti-inflammatory properties of herbal components comprising ArthriPhase formula.

sodium channels play a key role in the generation of pain signals. Blocking these sodium channels inhibits the transmission of pain signals from the nociceptive neurons, resulting in a localized anesthetic action and subsequent pain relief.

Of the 12 herbs comprising the *ArthriPhase* formula, seven demonstrate significant analgesic activity in animal studies. These herbs – *Gastrodia*, *Tang-kuei*, *Notopterygium*, *Cyathula*, *Angelica Dahurica*, *Aconite* and *Scrophularia* – have all been shown in animal studies to act on nociceptive neurons and pain pathways to relieve pain and calm over-sensitized nervous systems.

- **Aconite** exhibits especially potent analgesic properties, according to a recent study conducted by researchers with the Department of Anesthesiology, Perioperative and Pain Medicine at Harvard Medical School. Their research reveals that one of the active ingredients in aconite – *Bulleyaconitine A*, or BLA – strongly reduces sodium channel currents to block overactive pain signals for prolonged periods of time. In China, BLA has been approved for the treatment of chronic pain and rheumatoid arthritis.

- **Scrophularia** has demonstrated a powerful painkilling ability equal to that of cortisone and twice as effective as indomethacin, a popular NSAID used to treat arthritis. As with the other herbal ingredients, scrophularia exerts these sig-

nificant analgesic effects with virtually no side effects.

Controlling Inflammation with ArthriPhase

Inflammation is the body's front line defense against infection and damage. The five primary symptoms of inflammation – redness, heat, swelling, pain, and restriction of movement – are signs that the body is bringing in more blood and immune resources, such as white blood cells and macrophages, to remove microorganisms and other foreign matter. Redness is a sign that vasodilation is allowing more blood and other fluids to reach the affected area; local heat reflects the increased flow of warm blood from deep within the body; swelling (edema) is caused by the local accumulation of fluids; pain and restricted mobility arise from the added pressure caused by the swelling.

With osteoarthritis, inflammation is initially triggered either by trauma or irritation resulting from age-related damage to joint tissues. With the onset of inflammation the immune system responds by releasing additional pro-inflammatory factors (i.e., TNF-alpha, IFN-gamma, IL-1beta, IL-2, IL-4, LTB(4), and NO) that accelerate cartilage damage. In time the cartilage begins to degrade, shedding pieces of cartilage throughout the interior joint capsule. This new "foreign" material is, in turn, targeted for destruction by the immune system, further fueling the

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ArthriPhase Advanced Arthritis Support Formula

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inflammatory response as the body struggles to eliminate the cellular debris. In time this process results in the eventual destruction of the joint.

Each of the herbs in *ArthriPhase* has been shown to exhibit potent anti-inflammatory properties. While specific mechanisms are unique to each herb (Table 1), the extraordinary balance of herbs in *ArthriPhase* exerts both short and long-term support for countering inflammation, dampening pain, reducing swelling and stiffness, and restoring cartilage integrity. Three herbs of special interest include *Tang-kuei*, *Cyathula* and *Scrophularia*.

- **Tang-kuei** has been shown to reduce edema (swelling) in early and late stages of inflammation by decreasing leukocyte counts, neutrophil density, and interleukin-6 (IL-6) expression. Tang-kuei has also been found to increase levels of PGD₂, a important natural anti-inflammatory prostaglandin. Most significantly, Tang-kuei is a natural source of ferulic acid, a potent antioxidant that protects cells from damaging reactive oxygen species (ROS) implicated in the pathology and progression of arthritis.
- **Cyathula** inhibits collagen-induced arthritis and acute edema. Most significantly, two novel triterpene glycosides isolated from cyathula have been shown to be 1,000 times more potent than Sialyl Lewis X (SleX), an important blood group antigen that inhibits excess recruitment of neutrophils to injured tissues. This is an extremely important property. With arthritis, when too many white blood cells are recruited to an injured joint the neutrophils attack and destroy healthy tissues, leading to conditions such as septic shock and rheumatoid arthritis.
- **Scrophularia** reduces edema, cell infiltration and proliferation of activated T-lymphocytes in damaged joint tissues. Additionally, scrophularia has been shown to inhibit a number of inflammatory factors, including prostaglandin E₂, leukotriene B₄, NO, interleukin-1beta, interleukin-2, interleukin-4, interferon-gamma and tumor necrosis factor-alpha (TNFα), but had no negative effect on the production of interleukin-10, a powerful anti-inflammatory cytokine. Moreover, scrophularia is the source of a unique glycoterpenoid, Verbascosaponin A, that is twice as

potent as the NSAID indomethacin for relieving inflammation and pain.

Improved Joint Circulation

Arthritis results in impaired blood circulation to the joints, contributing to joint deterioration, cold sensations, weakness and stiffness. Advanced arthritis also inhibits ability to engage in physical exercise, further contributing to poor limb circulation. Arthritis-related changes to blood chemistry also increase risks of developing blood clots (thrombosis) in the veins and arteries, just the type of condition aggravated by COX-2 inhibitor drugs.

ArthriPhase contains several herbal ingredients shown to counter the negative effects of arthritic inflammation on circulation. One herb, gastrodia, has been shown to interact with human fibrinogen to act as a natural anticoagulant. By inhibiting interactions between fibrin molecules, gastrodia effectively inhibits the formation of arthritic-related thrombosis (blood clots) without interfering with normal clotting required for tissue maintenance.

In addition to improving blood flow to the joints, *ArthriPhase's* circulatory benefits contribute to the overall safety profile of the formula, particularly when juxtaposed with the side-effects for conventional pain-killing and anti-inflammatory drugs.

Relaxing Joint Muscles and Supporting Collagen Synthesis

Arthritis causes painful swelling and stiffness that restricts joint movement. In time, limited movement leads to atrophy of the muscles surrounding the joints due to lack of use. Several herbs have been shown to relax arthritic joint muscles. Tang-kuei, in particular, has been shown in animal studies to exert a muscle relaxant effect to relax muscles and aid in restoring joint mobility.

Additionally, the herb eucommia has been shown to support recovery of joint mobility by promoting collagen synthesis. Researchers working with extracts of eucommia report that collagen synthesis was significantly increased when the herb was administered to laboratory rats raised to model age-related loss of joint cartilage.

Human Studies

In human clinical trials *ArthriPhase* has been shown to be highly effective in exerting a wide range of benefits, including anti-inflammatory, vasculoprotective, and immunomodulatory effects in arthritis and related diseases. In one study, 310 patients

suffering arthritic joint pain received *ArthriPhase* for a period of 30 days. After only ten days, 70% of the patients reported marked reductions in primary arthritic pain. After 30 days, fully 50% of the patients had normal ESR (erythrocyte sedimentation rate) values. ESR is an important diagnostic test for measuring inflammation in arthritis. An increased ESR corresponds to increased non-specific inflammation in the body. Additionally, the blood test for rheumatoid factor (RF), a diagnostic marker for rheumatoid arthritis, had turned from positive to negative in 24 of 38 patients.

Immediate Benefits

The first benefit of the triple-acting ingredients is to provide quick pain relief. This fast-acting relief indicates that the analgesic, anti-inflammatory and circulatory actions are starting to reduce joint pain.

Long-Term Benefits

With continued use, people with arthritis can expect to see some long-term benefits when taking *ArthriPhase* daily for arthralgia in their joints. These improvements are also attributable to the triple-action benefits of the formula. In addition to enhancing comfort and flexibility, *ArthriPhase* users have also reported additional benefits, including memory improvement, normalization of blood pressure levels, and antispasmodic and sedative effects.

Summary

ArthriPhase supports restoration of healthy joint function while reducing pain, inflammation and swelling. The herbs in *ArthriPhase* contain multiple active ingredients that contribute to the overall benefits of the formula. The success of the formula relies on multiple beneficial actions exerted on many different chemical pathways to provide analgesic, anti-inflammatory, and circulatory benefits.

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Calcium Dysregulation: Understanding DEXA Bone Scores

By John Steinke, L.A.c.

Many conditions have been associated with elevated risk for developing osteoporosis and increased incidence of fractures in men and women. Those most at risk include:

- Women 65 and older
- Post-menopausal women experiencing fractures
- Estrogen deficient women
- Individuals with vertebral abnormalities
- Individuals on glucocorticoid (steroid) therapy
- Individuals with primary hyperparathyroidism

The best way to determine your personal risk is to have a bone mass density test. Several types of devices measure loss in bone mass density and indicate development of osteoporosis with a high degree of accuracy. These devices, such as DEXA (dual-energy x-ray absorptiometry) and Achilles (ultrasonometer) scans, give scores that indicate bone loss compared to normal healthy subjects.

It is important to be able to understand exactly what your scores mean when reviewing your bone density tests. DEXA scans, for instance, tell you what your actual *Bone Mass Density* (BMD) is at each area measured in g/cm (squared). However, this number by itself does not tell much, so researchers have devised scales to better understand what your BMD scores actually mean. These are the numbers you should locate in your report.

T-Score	Condition
+1 to -1	Healthy Bone Density
-1 to -2.5	Osteopenia
-2.5 to -3.0	Osteoporosis
-3.0 and lower	Severe Osteoporosis

Table 1. T-Score rating system.

T-score

A T-score is the most important score on a DEXA scan. It reveals the status of your bone density/bone loss by comparing your BMD to the average healthy 30 year-old woman, or man, depending on your sex. This is the score used to designate your condition and to determine fracture risk.

The T-score (Table 1.) uses an exponential scale, meaning that risk increases

T-Score	BMD Status	Fracture Risk	Daily OsteoPhase
+1 to -1	Healthy	Minimal	None (0)
-1 to -2.5	Osteopenia	Moderate	1 capsule, 2 times daily
-2.5 to -3.0	Osteoporosis	Elevated	2 capsules, 2 times daily
-3.0 and lower	Severe Osteoporosis	Maximum	2 capsules, 3 time daily

Table 2. Translating DEXA scores to determine fracture risks.

at a faster rate with a higher score. A change from -2.0 in your T-score to -3.0 is far greater than one from -1.0 to -2.0.

Z-score

Instead of comparing BMD to that of a healthy 30-year old, the Z-score compares you to men or women of your age. This score shows how well you are doing relative to the average effects of aging on bone mass density. This score is not always given on your bone scan report, but it is helpful to be able to see your risk compared to others in your age group.

Changes in Bone Mass Density

If you have had more than one DEXA scan, your report should indicate any changes in bone mass density since your previous scan. This information indicates how fast you are losing (or gaining) BMD in the period of time between scans. If you have had more than two scans, your most current report should also list a percentage change from your baseline, or first score. This percentage indicates how much change has occurred since your first test, rather than from your previous test. This is also important in helping to determining the trend of your BMD.

As a rough guideline, with normal, healthy aging, you would expect to lose 1% of BMD per year. Anything greater than a 1% loss indicates accelerated loss and requires additional attention to diet, exercise and supplementation.

Translating Your Scores Into Fracture Risk

You should look at, and understand, the scores for each area measured to know where you are at greatest risk for fracture. It is common for people to have normal, healthy bone tissue in one location and severe osteoporosis in another. Sometimes people have healthy bone in the lower spine and extreme deterioration in the hip, or vice versa.

What is missing from your scan reports is an understanding of your actual fracture risk, which is why you would want to take a bone scan in the first place. It is generally up to your physician to interpret your scores, give you an idea of your risk of fracture and then suggest corrective measures. Review the chart above to see what your relative risk of fracture is based on your T-score for each bone tissue measured. Using the chart you can also determine how much your fracture risk has changed between bones scans. Each change of 1 standard deviation (SD) in your T-score accounts for a 50% change in fracture risk.

Using OsteoPhase

OsteoPhase is an advanced nutritional formula consisting of a proprietary blend of herbal extracts and marine peptides that have been studied for their role in supporting healthy bone structure and calcium homeostasis. *OsteoPhase* has been shown to significantly reverse bone loss and enhance bone density, as determined by bone mineral density (BMD) measurements.

OsteoPhase is very safe for daily use. The herbs in *OsteoPhase* are commonly used in health formulations throughout Asia, the US and Europe to aid in maintaining optimal health. *OsteoPhase* exerts its benefits while providing less than 125 mg. of calcium per day – far below the 1000 to 1500 mg recommended in the US – indicating that *OsteoPhase* works by regulating calcium homeostasis, not by calcium supplementation. *OsteoPhase* regulates how calcium is used in the body to accomplish much more than just strengthening bones. Additional benefits of regular use include improved immune system function, enhanced cell regulation, and improved overall health for both men and women.

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“Three Phases” of Healing

I felt fortunate to discover these herbal formulas when I did because soon many of my patients were coming in suffering from a similar, malevolent, viral influenza illness for which the usual remedies weren't working. Consequently, I had ample opportunity to prescribe quite a lot of the “Three Phases” protocol as we now refer to it, and was pleased to observe rapid recoveries in my afflicted patients. Many of these patients reported that their neighbors, friends, relatives and co-workers continued to be sick for several weeks, all the while remaining infectious and continuing to pass the virus on to others. Naturally, my patients were very grateful to heal so quickly and get on with their lives.

Preparing for New Viral Threats

Every year, physicians are confronted with new, ever more virulent varieties of influenza that arise as a result of ongoing genetic mutations among existing variations of influenza, parainfluenza and other viruses. This naturally occurring problem is now being compounded by the epidemiological influence of returning U.S. military personnel. These courageous, overworked, overstressed and over-immunized service personnel are returning home in a state of complete physical and mental exhaustion after completing their tours. To allegedly protect our troops from the unhealthy, environmental conditions they face in war zones, they are treated with excessive, multiple doses of synthetic, pharmaceutical vaccinations (many of which contain aluminum and mercury preservatives that are directly and indirectly toxic to the immune and nervous systems). Additionally, our troops are exposed to filth, questionable quality food rations and deleterious levels of physical and psychological stress that weaken the immune system and create the perfect breeding conditions for accelerating the development of newer, nastier viruses.

I became aware of this problem when JR, a 32-year-old U.S. Army Reserve officer, came to our clinic. JR returned from Iraq after two prolonged and particularly trying tours of duty that virtually overwhelmed his immune system. He suffered from recurrent, bad colds that gradually developed into unremitting, miserable flu-like symptoms that left him unable to function. JR had already received multiple courses of prescription oral antibiotics from the military health system (essentially use-

less for viral infections). These treatments provided no tangible relief, though they did give JR stomach aches, poor appetite and annoying bouts of diarrhea. It was only after beginning and very strictly adhering to our “Three Phases” therapeutic regimen and homeopathic treatment that JR was finally able to overcome his ‘chronic’ flu syndrome and return to good health.

Mononucleosis

Another patient, TD, is a typical, vivacious teenager who was involved in team sports until she came down with a terrible flu that refused to go away. Her mom's prescription of bed rest and vitamin C didn't work and TD was going downhill fast. TD's recurrent, severe sore throats and deep, relentless cough began to cause increasing upper abdominal aching pains in her left side that prompted further examination. Upon palpation, I discovered that TD had an enlarged spleen. Subsequent laboratory test confirmed my suspicion that she was actually suffering from acute viral mononucleosis. The initial regimen of C Aspa Scorb, ProBoost Thymic Protein A, Bee Propolis Standardized Extract and Silver Liquid 400 PPM took the edge off of her flu-like symptoms and she felt better, but it was not until we added the “Three Phases” protocol that she really began to mend rapidly. I was impressed with how quickly TD's enlarged spleen was resolved with this regimen, allowing TD to be restored to her usual, vibrant health.

Preventing Colds and Flu

Prevention is particularly important for people with chronic diseases, such as diabetes, asthma, chronic bronchitis, emphysema, as well as tobacco abusers. Prevention is particularly important for the elderly, especially older family members in nursing home settings where nosocomial (‘hospital-like’ medical institution-caused) infections are prevalent. For these individuals, I have found that a modification of the “Three Phases” protocol is very effective in the prevention of colds and flu.

For preventive care in adults and adolescents, I recommend the following regimen: *ImmunoPhase* (2 to 3 capsules daily); *BronchoPhase* (3 to 4 capsules daily); C Aspa Scorb (1/2 teaspoon daily in water or diluted juice); Silver Liquid 400 PPM (1/2 teaspoon daily in water); and ProBoost Thymic Protein A (1 packet daily dissolved on the tongue). If there is some degree of chronic head congestion as a result of allergies, which predisposes to colds and flu, I add *AllerPhase* (2 capsules daily) to the prevention protocol. For children under 12 years old, I prescribe half of the aforementioned dosages for prevention.

Summary

To summarize, the antiviral, ‘bad cold & flu’ self-care therapeutic regimen that really works 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; C Aspa Scorb, 1/2 teaspoon in warm water or diluted juice every 3 to 4 hours; ProBoost Thymic Protein A, 1 packet dissolved on the tongue every eight hours; Bee Propolis Standardized Extract, 2 capsules every 3 to 4 hours (these last three agents are from Progressive Labs, 800-527-9512, use #7876 to order); and, Silver Liquid 400 PPM, 1/2 teaspoon in water (from VRP, 800-877-2447, use #235277 to order).

In regards to the latest government warnings, I believe I've already seen a few cases of adenoviral pneumonia. These patients are very sick and require careful, acute homeopathic prescribing, as well as nutraceutical therapeutic care to recover. I've been prescribing twice the usual dosage of *ImmunoPhase* and *BronchoPhase* in these cases, i.e., 4-6 capsules of *ImmunoPhase* every 4 hrs and 6-8 capsules of *BronchoPhase* every 4 hrs. I also prescribe ProBoost Thymic Protein A, 1 packet every 6 hrs, and C Aspa Scorb, 1/2 teaspoon every 4 hours.

Finally, in addition to these preventive self-care measures, I recommend eating a balanced diet that supports a healthy immune system, i.e., plenty of fresh, organic vegetables and fruits, some organic, free range, grass-fed meat and poultry (especially home-made chicken soup, a.k.a. ‘Kosher Penicillin’), some sprouted whole grains, a daily dose of a high quality cod liver oil for the omega-3 fatty acids with vitamins A and D, as well as seeking to drastically limit or avoid all sugar and refined carbohydrate products (candy, ‘unsprouted grain’ breads, pasta, pastries, etc.), processed and/or fried foods and pasteurized, commercial dairy products. To survive the inevitable ‘cheating’ during the holidays, make sure that you and your family take your daily dosage of the antiviral, ‘bad cold & flu’ self-care therapeutic regimen as delineated above.

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About the Author: Dr. Mitch Fleisher is a principal medical consultant for Tango Advanced Nutrition and the physician-author of the very soon-to-be-released, Integrative CAM e-portal informational website series titled “Alternative DrMCare Natural Medical Self-Care Protocols”, which will be accessible via www.alternativedrmcare.com in Nov-Dec 2007.



Letters

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

Feedback and Praise From an Early ArthriPhase Tester

Dear John,

My arthritis began December 2001 after I tripped and landed heavily on my left knee. It immediately swelled to the size of a large grapefruit and I couldn't move. I have been in constant pain since then. I've had to be careful getting into bed since, if my knees touched or if I turned on either side, my left knee would really ache. I haven't had a full night's sleep since then. I couldn't walk fast and I couldn't reach to the side (putting dishes into the dishwasher, reaching into the cupboard for a dish, etc.) without my knee hurting. It was difficult even getting into and out of my car as I have to sit down as my right leg goes in and then twist the left leg to come in after.

Cold weather also really bothers my knee. Last night (Oct. 20) we had our first snowstorm of the season. In winter it gets to 17 degrees *BELOW* zero here so even in the house it can be chilly all the time. I'm really in pain when it's cold. I'm very reluctant to go up or down stairs without a handrail as I have found my left knee can suddenly go out and I'll start to fall.

I have become very depressed after six years of pain. I'm 79 years old and fed up with cold weather and being in pain every day. And then you came along looking for people to try out *ArthriPhase*.

I began by taking 2 capsules of *ArthriPhase* before dinner on October 12th. Truthfully, I didn't expect much of any reaction (even though I use your *ImmunoPhase* and know how wonderful that is). I went to bed as usual, being very careful not to hit my left knee. When I woke up I thought it was the middle of the night. I was astonished to see it was 6:45 in the morning and for the first time in years I had slept the entire night without being awakened by pain. My dog Henry was wondering when I was getting up as we are usually outside by 6 a.m. I got up gingerly, but nothing hurt. We went outside where the two dogs raced back and forth. I was walking very carefully, watching out for the rocks on the ground but then I discovered that I could walk faster with more confidence.

I've been taking *ArthriPhase* – 2 capsules before breakfast and two before dinner – for the last 8 days. My depression has gone, I can clean my house as before (I had trouble pushing my heavy vacuum cleaner around) and I'm playing with my dogs again. And for the first time in 6 years I am able to sit and cross my legs

without any pain. I really feel very much better and hope it continues. While waiting for more samples of *ArthriPhase* I tried cutting back on the amount of capsules per day. I found I could easily take just one capsule at breakfast, a second 9 1/2 hours later and a third 9 1/2 hours after that. I don't know what you expected, but I can already envision taking just one or two capsules daily and eventually being able to go without the capsules for a period of time.

Thanks for coming up with this product and letting me test it. Obviously *ArthriPhase* works. I feel so much better and do not, under any circumstances, want to go back to the black depression of continual pain. This is going to be a wonderful product for many, many people who suffer arthritis pain. What is Tango going to test next?

Miriam Fidler

Dear Miriam,

Thank you for your wonderful story. It's reports like these that motivate us to keep searching through the vast treasure chest of Chinese herbal research formulas to uncover the true gems.

John Steinke, L.Ac.
Director of Product Development

Blood Sugar Improvements with Vital Cell and MetaPhase

Dear John,

I am writing to tell you of my very positive experiences using your products, first *Vital Cell*, and more recently *MetaPhase*. I have been a vegetarian for many years, but am slightly overweight because I do not exercise. For many years I drank natural juices with lots of fruit sugars. On April 12, 2006 my blood test showed a fasting blood sugar of 114, which is considered pre-diabetic.

I am a subscriber to the *Health Sciences Institute* newsletter, where I read an article about your product *Vital Cell*. It led me to your website where I read everything about the formula. The material was very convincing because the doctor who had developed it tested it very thoroughly in China with many studies. Because there was enough evidence about its effectiveness I began taking *Vital Cell* religiously and made some diet changes, primarily reducing my consumption of fruit juices.

After a 6-month trial on *Vital Cell*, I had another blood test on September 21, 2006. My fasting blood glucose had reached 84! I was very relieved with the results and I feel a lot better.

While I was very pleased with my results using *Vital Cell*, I still like to enjoy my European pastries from time to time. I looked at the information on *MetaPhase* on your website about 4-5 months ago and purchased some. Whenever I eat cake or something with a lot of sugar in it I would start to feel bad. Now I take 2 caps of *MetaPhase* before eating pastry and my thoughts become more clear afterwards. I'm going to continue with the combination of VC and MP to keep my blood sugar levels normal and help me with my periodic binges on simple sugars and carbohydrates.

I want to commend your company not only on the quality of your products but on the quality of the information you provide about them. It has helped me to make the right choices about which supplements to take and given me the best results possible for by blood sugar concerns.

With grateful regards,
Aaron F., Luxembourg

Editors note:

*Aaron was very smart to take action to lower his blood sugar based on his blood test and family history. After reading Aaron's letter many of our readers may wonder how *Vital Cell* helps with blood sugar levels.*

Vital Cell is a modern anti-aging formulation containing a combination of Essence tonic and blood circulation herbs. The circulation herbs improve gland and organ function by aiding delivery of the Essence herbs to the tissues. Vital Cell also aids in removing waste products from the cells. All of this takes place at the critical area of exchange between blood capillaries and tissue cells at the microscopic level. This exchange helps restore and preserve the function and size of internal organs and glands, including the pancreas, a vital endocrine gland involved in digestion and blood sugar control.

*Many of our diabetic customers combine *MetaPhase* (for appetite and blood sugar control) with *Vital Cell* (for circulatory support). As Aaron's letter indicates, it is also a useful combination for people in pre-diabetic circumstances, known more commonly as *Metabolic Syndrome*.*

John Steinke, L.Ac.
Director of Product Development