

Clinical Experiences with ArthriPhase®

Observing Complex Patient Histories: Part 2

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

In Part 1 of *Clinical Experiences with ArthriPhase*, Mitch Fleisher, MD reported on his clinical observations of five patients (including himself) that were treated with *ArthriPhase* for a wide range of musculoskeletal disorders, including bursitis, degenerative disc disease, inflammation of the fingers and joints, and rheumatoid arthritis. In Part 2 Dr. Fleisher concludes his report with two additional case histories involving Mixed Connective Tissue Disease (MCTD) and a complicated recovery from a traumatic crushing fracture.

Patient History 6

Mixed Connective Tissue Disease

TR is a 64-year-old female librarian with long-standing *Mixed Connective Tissue Disease* (MCTD), manifesting predominantly as debilitating arthritic pains. When she came to my clinic, TR had been taking high dosages of *prednisone* and

various other NSAIDs, e.g., *ketoprofen*, *naproxen*, etc., for years. TR desperately wanted to wean off of these drugs, if possible, due to their deleterious effects on her health, including severe heartburn, weight gain, insomnia and drug-induced diabetes. She was begun on cortisol (cortisone acetate, the natural form of adrenal hormone), in gradual decreasing doses, to replace the prednisone. Cortisol is much better tolerated long term and much better for human physiology.

I also put TR on *ArthriPhase*, 4 capsules twice daily initially, to augment the therapeutic effects of the cortisol and to achieve the lowest possible dosage of the natural steroid hormone. After twelve weeks TR reported that her arthritic pains were very well-controlled. She had tapered off the prednisone and was taking cortisol, 7.5 mg twice daily (a relatively small dose), along with *ArthriPhase*, 2 capsules twice daily.

TR also noted that if she cheated and ate allergic foods and/or spices (e.g., citrus, wheat, corn, soy, cow dairy, tomatoes, cinnamon, garlic, etc.), she could readily control the flare-up by increasing her dosage of *ArthriPhase* to 4 capsules, twice daily, for a few weeks. TR was very pleased.

Patient History 7

Comminuted (Crushed) Fracture

The most dramatic case that I have observed is that of CR, an active, intelligent, 72-year-old female with medically controlled insulin dependent diabetes mellitus, multi-vessel coronary artery disease and congestive heart failure. CR, who also happens to be a family relative, experienced a terrible, freak accident at a library. While hanging her overcoat on a large coat rack, CR stubbed her toe into a hidden ridge in the marble flooring, caus-

Continued on page 4



Vital Cell®
Natural Support For:

- Improved Circulation
- Enhanced Immune Response
- Chest Tightness
- Coughing
- Shortness of Breath
- Palpitations
- Dizziness
- Lack of Appetite

...Without Side Effects

Anti-Aging and Anti-Viral Effects of Herbal "Youth" Compound

By Jim English

In a new study published in the Nov. 2008 *Journal of Immunology*, researchers are shedding light on the anti-viral and anti-aging benefits of *Astragalus*, a primary active ingredient in several Tango formulas (*Vital Cell*, *CardioPhase* and *OsteoPhase*) and a mainstay of traditional Chinese medicine. In their paper, a team of researchers from the UCLA AIDS Institute describe how their work with a new drug derived from astragalus root not only reduces the aging process of immune cells, but also enhances how these cells respond to viral infections. The compound works by boosting production of telomerase, an enzyme that allows for the replacement of short bits of DNA, known as telomeres, that play a key role in cell replication, cancer and human aging.

Telomeres and Cell Division

Telomeres are short, repetitive pieces of DNA that act as unique molecular "caps" to protect the ends of chromosomes, much like the plastic tips that keep shoelaces from unraveling. Telomeres protect chromosomes from degradation by holding them together and preventing damage during normal cell division. Every time a cell divides the length of its telomeres shortens slightly. Over time, after a set number of cell division cycles (or "population doublings"), the telomeres are steadily 'chipped away,' until they reach a critical length known as the Hayflick limit. This so-called "end replication problem" limits the number of times a cell can correctly duplicate itself, and marks the cessation of normal cell division.

Continued on page 2

Herbal "Youth"

Continued from page 1

Animal studies suggest that this mechanism is responsible for accelerated cellular aging – each time the cell divides, errors in duplication accumulate, eventually resulting in cellular dysfunction and aging. Put another way, telomeres are believed to act as a cellular clock to regulate human lifespan.

Telomerase: Key to Healthy Cell Division

A key element in the maintenance of telomeres is an enzyme called telomerase. Telomerase plays a vital role in maintaining the length of telomeres and aids in stabilizing chromosomes during cell division. In the presence of telomerase, dividing cells can replace lost bits of DNA and even repair the cells to allow the process of healthy cell division to continue.

therapy could help to extend human life indefinitely by resetting the genetic clock in healthy cells to relengthen telomeres and turn off runaway cell division in cancer cells. Dr. Fossel believes telomerase-based therapies for extending lifespan have the potential of allowing people to live far longer than the current limit of approximately 100 years, and with a body that looks and functions like that of a twenty-year-old.

Astragalus Compound Reverses Telomere Loss in Immune Cells

Like other kinds of cells, immune cells (Fig. 1) lose their ability to divide over time as the telomeres on their chromosomes become progressively shorter with each cell division. As a result, the disease-fighting ability of immune cells becomes compromised with age.

In the new study the team at UCLA found that the compound, *cycloastragenol*, derived from Chinese Astragalus root, can prevent or slow the progressive loss of telomeres in key

TAT2 for drug-patenting purposes) they found that it reduced telomere shortening, increased the T-cells' ability to divide, and enhanced the cells' antiviral activity.

According to Effros, "It is beginning to look like telomerase is doing more than just keeping telomeres from getting too short. It seems to be mediating some antiviral mechanisms as well."

In their paper the researchers noted that, "The ability to enhance telomerase activity and antiviral functions of CD8 T-lymphocytes suggests that this strategy could be useful in treating HIV disease, as well as immunodeficiency and increased susceptibility to other viral infections associated with chronic diseases or aging."

The good news is that when the compound was added to tumor cells, it didn't affect the amount of telomerase that was produced by the cells. Neither did it change the growth characteristics of immune cells that were incubated with a virus that can trigger cancer.

"We are fairly confident at this point that TAT2 won't enhance cancer development," says Effros, although she cautions that further trials are needed to confirm this. Her confidence is also boosted by the fact that, "*Astragalus* is used in Chinese medicine without any obvious adverse effects."

And in terms of more general tissue regeneration, "if TAT2 can do what the telomerase gene seems to do by keeping cells growing and functioning longer, maybe it could help in tissue regeneration approaches to aging."

Patenting Natural Compounds Raises Serious Concerns

While the UCLA study provides important evidence for telomerase-based enhancement of immune function, it also showcases the tendency of Western companies to identify natural healing compounds and then chemically isolate, synthesize, modify and/or genetically engineer them to produce patentable (and highly profitable) pharmaceutical drugs.

While this approach may lead to a therapeutically effective compound, it also increases the risks of introducing potentially dangerous side effects not seen in the original natural form.

Take for example, today's popular statin drugs. Researchers investigated the natural, heart-healing properties of an age-old Asian culinary staple, *Red Yeast Rice Extract*. But after isolating, synthesizing, and patenting a single ingredient, lovastatin, the result was a highly prof-

"Dr. Fossel believes telomerase-based therapies for extending lifespan have the potential of allowing people to live far longer than the current limit of approximately 100 years, and with a body that looks and functions like that of a twenty-year-old."

Dr. Michael Fossel, a professor of clinical medicine at Michigan State University and a leading researcher on human aging, has predicted that the development of an effective telomerase

immune cells, potentially making it a key weapon in the fight against HIV and other viral diseases.

Previous studies have shown that injecting the telomerase gene into T-cells can keep the telomeres from shortening and enable them to maintain their HIV-fighting function for much longer. This gene-therapy approach, however, is not a practical way to treat the millions of people living with HIV.

For the present study, Rita Effros, an immunologist, and her colleagues at the UCLA School of Medicine focused on *cycloastragenol*, a compound extracted from *Astragalus*, an herb traditionally used in Chinese medicine to boost the immune system. The compound has previously been shown to enhance telomerase activity in other cell types.

After the researchers took killer T-cells from HIV-infected people and exposed them to the compound (renamed

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itable “new” class of drugs that are accompanied by a host of dangerous and potentially deadly side effects not seen in its natural counterpart.

Additionally, while the UCLA paper has been hailed as a first-of-its-kind study to demonstrate an effective telomerase-based approach for enhancing immune function, the millions of Chinese who have relied on astragalus for thousands of years as a tonic to restore health and prevent a host of age-related degenerative disorders may beg to differ with this decidedly high-tech claim.

Astragalus and Vital Cell®

Astragalus (*Radix Astragali*) is one of the key active ingredients in *Vital Cell*®, an advanced anti-aging herbal formula that has been shown to counter a host of common discomforts associated with human aging. In an early clinical trial involving 150 patients, aged 55 to 89 years, researchers measured a number of significant improvements after four weeks of daily use of *Vital Cell*, including enhanced energy levels, reduced plasma viscosity and reversal of age-related capillary damage resulting in improved microcirculatory performance and enhanced organ health.

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.

Anti-Aging Effects of Vital Cell®

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

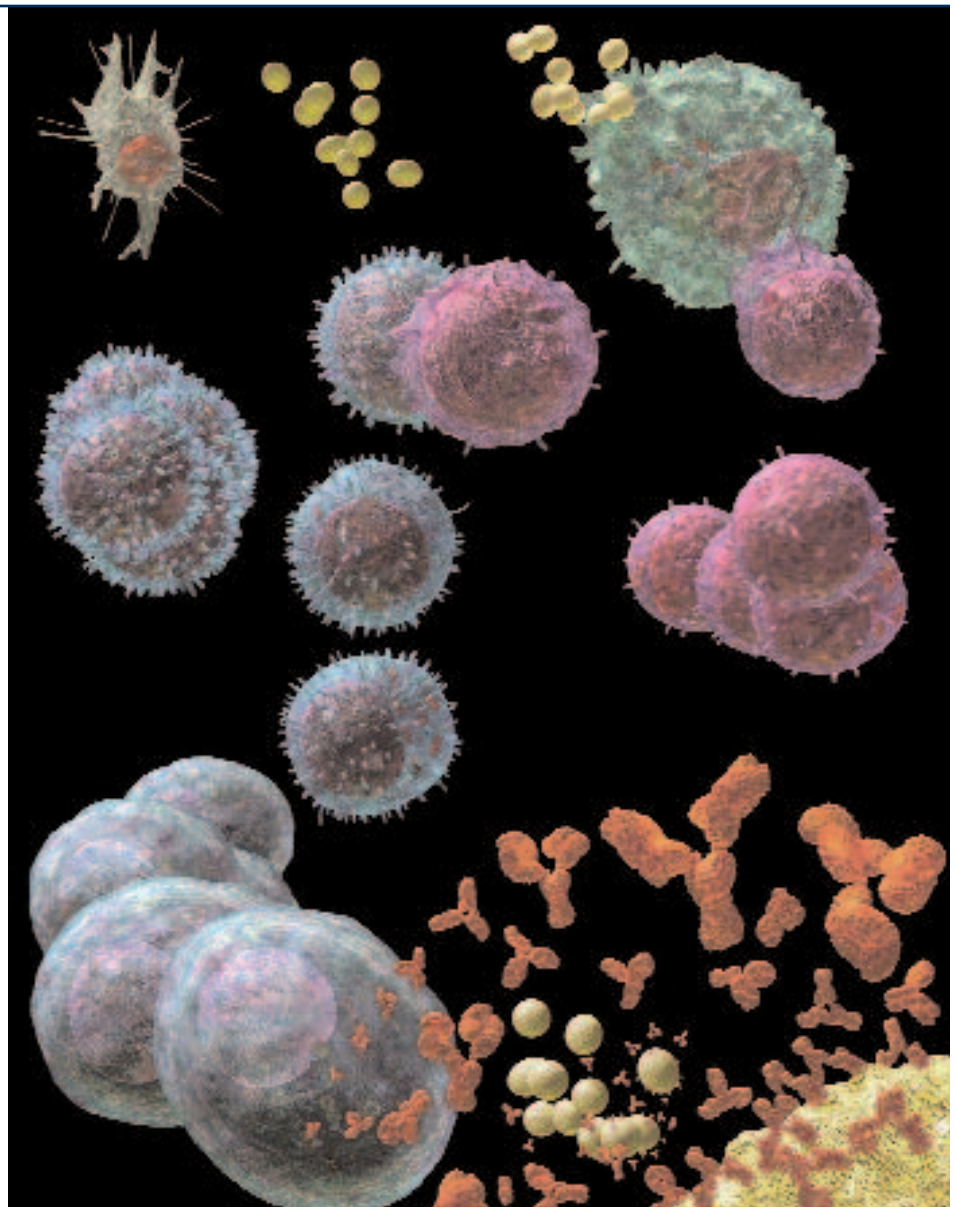


Fig. 1. The immune response is directed by antibodies (immunoglobulins), shown here as red "Y" shaped molecules at bottom right. Invading microorganisms (top, golden ovoids) are engulfed by a macrophage (green cell at top). The macrophage then presents antigens to a Helper T-Cell (purple) which in turn activates a B-Cell, causing it to divide and differentiate into Plasma Cells (large bluish cells at lower left). The antibodies that are released lock onto their corresponding antigens and lead to the inactivation or destruction of the invader. Image: Copyright Russell Kightley Media, Canberra, Australia.

teinemia, without the risk of adverse or toxic side-effects.

Summary

Astragalus is just one example of how nature has provided safe, effective methods of improving our health and quality of life. With the emergence of AIDS and newer, more virulent strains of viruses and bacteria the search for effective drugs to treat these diseases will continue unabated. Traditional herbal remedies such as *Vital Cell* confer a wide range of

anti-aging and immunosupportive health benefits. In addition to lacking the negative side effects of pharmaceutical drugs, advanced herbal formulas such as *Vital Cell* tend to be inherently safer, more effective, and less expensive than their synthetic counterparts.

References

The study, published in the Nov. 15 print edition of the *Journal of Immunology*, is available online at www.jimmunol.org/cgi/content/full/181/10/7400.

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ArthriPhase Cases

Continued from page 1

ing her to topple over sideways, striking her left shoulder and left side of her face into a nearby marble column.

Numerous x-rays and CAT scans at the nearby university hospital emergency room revealed that CR had sustained a severe, complicated, multi-fragmented, multi-angulated, comminuted (crushing) fracture of her upper arm bone (proximal humerus). According to the ER doctor, it looked as if the bone had “exploded into many small pieces” on impact, resulting in enormous bleeding and painful swelling into the surrounding soft tissues. Fortunately, while CR had a bad black eye and bruised, swollen face, tests showed that she had not fractured any facial bones or suffered a brain injury.

After in-hospital consultations and several reviews of her exam and x-ray reports, her orthopedic surgeons declared that it was highly unlikely that CR’s multiple bone fractures would ever knit together or heal properly, resulting in a “non-union” fracture. What they were saying, basically, was that CR would be left “crippled” with a chronically painful, stiff, disabled left shoulder, which she would “have to learn to live with.”

“Despite pleas from family members, her surgeons refused to operate to realign the bone fragments and increase CR’s chances of healing, claiming that the risk of complications due to her diabetes, heart disease and age were too high.”

Despite pleas from family members, her surgeons refused to operate to realign the bone fragments and increase CR’s chances of healing, claiming that the risk of complications due to her diabetes, heart disease and age were too high. In the end her doctors offered nothing more than a flimsy, cloth arm sling and narcotic analgesics. And while the dosages were too low to provide adequate pain relief, they were enough to make CR miserably constipated, adding to the depression resulting from her surgeons hopeless prognosis.

At my urgent instruction to other family members, over the next several

“Now, approximately ten months after CR’s original injury, her most recent x-rays show complete fusion and remodeling of the complex, multi-angulated, comminuted fracture of the proximal humerus of her left shoulder...”

days CR was treated with a series of homeopathic compounds to help 1) reabsorb leakage of blood into the soft tissues to reduce the swelling and promote soft tissue healing; 2) reduce pain and promote healing of injured nerve tissues; 3) reduce fracture pain and promote healing of bone tissues; and 4) address traumatic inflammation. Within a few days as the homeopathic remedies began to stimulate and accelerate the innate healing process CR was able to discontinue the strong I.V. pharmaceuticals and switch to less potent, oral narcotic pain medications.

In addition, I immediately prescribed an eight-week course of *ArthriPhase*, 4 capsules twice daily, to help reduce inflammation and promote the nutritive repair of damaged bone and cartilage. I also prescribed *Vital Cell*, 3 tablets twice daily, to improve microcirculation and support healing of the injured musculoskeletal tissues. Last, I added GC-MSM

,3550, 3 capsules twice daily, for the therapeutic reasons mentioned previously in RW’s case.

CR was soon transferred to a physical therapy rehabilitation center, where she resided for the next several weeks. There the consulting physiatrist (physician specialist in rehabilitation therapy) warned her that while there was little probability, if any at all, of the fracture healing properly, they would cooperate with the family in providing CR with the prescribed homeopathic remedies and nutraceutical supplement regimen.

A follow-up x-ray of her complex shoulder fracture a little over three weeks

after the injury, revealed minimal, if any, evidence of bone re-mineralization – a potential indicator of bone healing. However, the examination revealed that soft tissue swelling and bruising was significantly reduced to a degree greater than would normally be expected at this stage after such severe trauma.

Her next x-ray about three weeks later revealed clear-cut evidence for bone re-mineralization between the multiple bone fragments. CR was also able to participate in physical therapy exercises to improve the range of motion of her shoulder and arm – activities that had not been recommended by her orthopedic doctors. CR’s therapists felt that she was making slow, but relatively good progress despite her chronic illnesses, her age and the severity of her traumatic injury. Due to the encouraging signs of bone and soft tissue healing I recommended she continue with the high dose regimen of *ArthriPhase*, *Vital Cell* and GC-MSM 3550 for another four weeks as indicated by her objective and subjective improvements.

To abbreviate what was a prolonged and complicated healing saga, after six weeks of gradual progress CR was discharged from the rehabilitation center and returned home after increasingly positive x-ray evidence demonstrated healthy bone healing and acceptable, gradual progress with her physical therapy.

Now, approximately ten months after CR’s original injury, her most recent x-rays show complete fusion and remodeling of the complex, multi-angulated, comminuted fracture of the proximal humerus of her left shoulder – an outcome that had been deemed virtually impossible by all of her conventional, allopathic doctors. Moreover, CR is once again able to drive her car, go shopping, play Bridge with her friends and even provide nursing support for her daughter following surgery.

This is the same woman who was told that she would be permanently disabled by a “non-union” fracture accompanied by chronic pain and very limited

Continued on back page



Letters

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

Client Discovers "Complete Relief" with AllerPhase

Dear John,

For a couple of years I suffered from severe itching and redness all over my body. I went from specialist to specialist with no diagnosis. After months of doctors, lab work, diagnostic tests, over-the-counter medications and prescriptions I gave up. I felt like I was losing my mind.

Within one week after starting *AllerPhase* I experienced some relief, and within a month, complete relief!! A friend told me her mother had a similar experience with *AllerPhase*. It's hard to be sure of the benefits we get from supplements, but when I stopped *AllerPhase* on two occasions, my symptoms quickly returned.

I encourage readers to try *AllerPhase* for the many problems it can help, and as I have, you will see a great difference in your life.

Most Sincerely,
Nan White

P.S. No more allergy attacks. No more nosebleeds. *AllerPhase* is truly a miracle.

AllerPhase Alleviates Symptoms and Improves Sleep

Dear John,

Well, I promised that I'd let you know how it is going with *AllerPhase*. It is nothing short of a MIRACLE for me. This is only day 3 (6 capsules) into my experiment. Even the first 2 capsules showed a marked improvement for me. I was at the stage where many things caused a breathing problem. I've found that my bedroom is the worst area at this moment in time.

Anyway, I was using my inhaler daily at least 3 times minimally. Now, only 3 days into taking *AllerPhase* I am down to about ONCE in a 24-hour period. I expect that I won't need my inhaler once I'm further along with taking 2 capsules twice a day. I've been taking the capsules first thing in the morning, and right

before bed.

AND, another miracle was the first night on taking the capsules I actually slept 5 HOURS STRAIGHT. That is something that has not occurred for AT LEAST 5 or more years. AMAZING. For me to even give feedback on anything I take is also AMAZING. This is proof that this is a miracle. I'll continue to give you feedback because I am absolutely ecstatic.

Sincerely,
Nanny G.

Dear Nanny,

It is always very gratifying to hear that one of our formulas works so well for someone and can help improve the quality of their life as AllerPhase appears to be doing for you.

John Steinke, L.Ac.

Tango Feedback: When Performance Counts

Dear John

Getting older has been a concern of mine, like most men. The fear of not performing has haunted me for years. I have tried MANY natural formulas with minimal to no results. I have tried all three of the prescription drugs as well. They tended to work fairly well but I was very concerned about some of the side effects. Recently I filled another prescription for Viagra and the first pill worked a little, but the second was a dud. I was at the point of giving up when I got your new *Tango*® formula. What a difference.

Being 67, one doesn't have the drive one did at 18 for sure, but after taking your supplement, *Tango*, everything WORKS as it did when I was young. I am more than satisfied, and by the way my wife is really interested again. Size might not count, but performance does.

Thanks for your research and diligence to find something other than high priced drugs with a lot of side effects.

Ron R., Ph.D.

FloControl Helps Client Regain Control, Improves Sleep

Dear John,

My bladder was controlling my life. I know that bladder problems are why so many people are in nursing homes, and I didn't want to end up that like that. When I read that *FloControl* is made with herbs that have worked for the Chinese for hundreds of year, I thought, if it can work for them, it can work for me. And it did!

After taking *FloControl* for one day, I went from having to get up about four times a night, to only needing to get up once. If you want to take control of your life without prescription drugs and the side effects that go with them, I absolutely recommend *FloControl*. It's the only thing that has worked for me.

W.M. Miller

Dear W.M.,

Thank you for the fabulous feedback. This is why we are in business, and reports such as yours are always very gratifying.

John Steinke, L.Ac.

Man with Osteoporosis Pleased with OsteoPhase

Dear John,

Two years ago I was diagnosed with osteoporosis in my spine (DEXA score -4.5) and hips (-2.5). I have been taking *OsteoPhase* for approximately 18 months and my latest bone density scans show a 13% improvement in my spine (now -3.6) and a 7% improvement in my hips (-2.1).

These results were very pleasing and certainly sparked some probing questions from my normally "sleepy" medical practitioner. Thank you for your continuing efforts.

Best Regards,
Malcolm Hill, Australia

Continued on page 7

Tango® (PriaPlex®): Nutritional Support for Restoration of Sexual Health, Desire and Performance

By John Steinke, L.Ac.

After a two-year absence, our flagship formula, *Tango*® (PriaPlex®) is once again available and better than the previous version. By combining a 5,000-year-old Eastern herbal tradition with contemporary medicinal research and state-of-the-art herbal purification and processing techniques, the new and enhanced *Tango* formula offers a safe, effective and reliable option for naturally restoring and enhancing sexual passion and pleasure.

Antiaging Formula is Basis of Restorative Benefits

Following its introduction as a general antiaging formula in the late 70's, the developers of the original *Tango* formula soon began receiving reports from clients indicating that *Tango* was also having a restorative effect on their sex lives. Guided by these positive reports and customer feedback the inventors began to modify the formula to improve its ability to enhance sexual pleasure.

After several years of research and clinical study the formula was finally approved for use in Chinese hospitals as a treatment for male and female sexual problems. This unique formula is once again available in the United States under the name registered name *Tango*® (PriaPlex®).

Essentials of Healthy Sex

Tango contains a proprietary blend of twelve Chinese herbs that were carefully selected for their ability to enhance short-term, immediate sexual responses in men and women, while supporting long-term rejuvenation of sexual performance and overall health. The *Tango* blend incorporates a modern version of a traditional Chinese Essence formula that has been updated to reflect contemporary understanding of herb function, processing and purification.

Cardiovascular System is Key to Healthy Sex

Sexual performance and pleasure is directly affected by the health of the cardiovascular system. Any condition that impairs cardiovascular function, such as high blood pressure or hardening of the arteries, will also severely impair sexual health and

performance. For this reason many of the herbs incorporated into *Tango* were selected for their ability to support and improve cardiovascular health, improve circulation to the sexual organs, and promote an immediate sexual stimulus.

Blood flow to the sex organs, and throughout the vascular system, is controlled by Vascular Smooth Muscle (VSM) cells. These cells surround arteries and blood vessels and regulate blood flow and blood pressure by either constricting (squeezing) or dilating (relaxing). In the presence of sexual stimulation, these cells relax to increase blood flow to the sex organs in anticipation of sexual activity.

Vasodilation and Nitric Oxide

Vasodilation in preparation for sexual activity relies on adequate levels of a short-lived neurotransmitter called nitric oxide (NO). Nitric oxide works in concert with a second enzyme, cyclic guanosine monophosphate (cGMP), to signal smooth muscle cells to relax and dilate blood vessels. Unfortunately, as we age cellular concentrations of cGMP decrease, causing a reduction in blood flow to sexual organs. Additionally, an enzyme called phosphodiesterase type-5 (PDE-5), actively works to reverse the effects of cGMP by breaking it down almost as quickly as it is formed. This results in a rapid loss of smooth muscle relaxation and a drop in blood flow to the organs. In men this causes a return of the penis to a flaccid state.

Contemporary erectile dysfunction drugs work by enhancing the effects of nitric oxide, and helping the body maintain higher levels of cGMP, the two key players in penile erection. They accomplish this primarily by inhibiting the cGMP-destroying enzyme, PDE-5. By blocking this enzyme system, these drugs allow cGMP levels to increase, resulting in enhanced blood flow to the genitals, stronger erections and intensified sexual sensation.

Promoting Rapid Vasodilation

A central herb in the *Tango* formula is *Cordyceps*, which promotes vasodilation by nutritionally elevating cGMP levels and enhancing NO release.⁽¹⁾ Note that this manner of increasing cGMP levels differs from the ED mechanism that blocks the

enzyme that halts cGMP destruction.

Active ingredients in *Ginseng*, called ginsenosides, also promote NO release via mechanisms different from the ED drugs.⁽²⁻⁶⁾ *Cornus fruit* and *Alpinia fruit* also support this central action in providing quick and safe vasodilation of the arteries and capillaries that enhance proper blood flow to the sex organs.⁽⁷⁻⁹⁾

Long-Term Blood Vessel Health

Whereas vasodilation is the most important immediate concern in stimulating sexual function, hardening of the arteries is the underlying long-term problem that needs correction in order to fully restore health to the sex organs. Atherosclerosis of the abdominal aorta, the pelvic arteries and the local capillary circulation is the condition that inhibits full function even when vasodilation is promoted.⁽¹⁰⁾

Both *Cordyceps* and *Licorice* in *Tango* exert an anti-atherosclerotic effect to aid in protecting and restoring blood vessel health.^(11,12,13) Improved blood vessel function will help long-term sexual performance and support the health of all of the body's tissues. *Cordyceps* also contains anti-fibrinolytic enzymes that help prevent the formation of fibrin, a blood component that binds cholesterol, calcium and swollen blood vessel cells into plaque.^(14,15)

Many of the herbs in *Tango* are potent antioxidants that may help prevent damage to cholesterol and other blood lipids that often contribute to problems that accompany impotence.⁽¹⁶⁻²⁴⁾

Endocrine Support and Testosterone Production

Many of the traditional Chinese herbs contained in *Tango* are known to contribute to sexual performance by supporting healthy endocrine function. The endocrine glands regulate the creation and balance of sex hormones vital to healthy sexual function. Researchers have identified several herbs found in *Tango* that contribute to this physiological activity, including *cordyceps*, *ginseng*, and *lycium*.⁽²⁵⁻⁴⁴⁾

These effects were clearly demonstrated in a clinical trial of *cordyceps* in which 155 patients were treated for impaired sexual function. Twice as many subjects (64 percent) reported significant

improvement in sexual function following treatment with cordyceps for 40 days, as compared to only 31 percent receiving a placebo. Importantly, more than one quarter of the participants in the study⁽⁴⁶⁾ reported the ability to continue with a normal sex life after the study, demonstrating a lasting, restorative effect of cordyceps.⁽²⁷⁾

When the researchers measured patient hormone levels they discovered increased levels of 17-ketosteroid and 17-hydroxycorticosteroid [androgenic and anabolic agents], indicating increased

gained attention in Europe and the US for its unrivaled ability to restore healthy sexual function, promote confidence in sexual performance, increase feelings of sexual arousal and enhance sexual pleasure. *Tango* is the result of over 20 years of scientific investigation into the physiological effects of Essence Tonics — time-proven herbal formulas at the heart of Traditional Chinese Medicine (TCM).

Tango evaluators report being pleasantly surprised by both the immediate physiological (performance) and psychological (desire) effects of *Tango* in sup-

“Tango evaluators report being pleasantly surprised by both the immediate physiological (performance) and psychological (desire) effects of Tango in support of intimate activity.”

activity of the gonads and adrenal glands (steroidogenesis).⁽³⁰⁻³⁵⁾ Other researchers have shown that cordyceps stimulates steroidogenesis in both male and female sex organs⁽⁴⁰⁻⁴³⁾ and that polysaccharides and protein fragments from cordyceps activate production of testosterone.⁽³¹⁾ Additionally, an extract of cordyceps has been shown to increase steroidogenic enzymes as well as the hormone estradiol in the ovarian corpus luteum cells that secrete progesterone.⁽³⁰⁾

Cordyceps, while a prominent herb in *Tango*, is just one contributor to the balanced effects of the formula on positive endocrine function. It is important to note that, unlike drugs, the natural herbs contained in *Tango* achieve results by acting indirectly on the endocrine system. According to Ph.D. biochemist, Dr. Subhuti Dharmananda, “Chinese herbs act by stimulating the production of hormones, altering the condition of hormone receptors or changing the rate of catabolism of hormones, rather than by [directly] providing the hormones or hormone analogs that function the same way as hormones.”⁽³⁸⁾

Summary

Tango is a unique herbal formula that has

port of intimate activity. Those taking the formula for extended periods of time also report a sustained restoration of overall health and energy. These health benefits derive from the unique combination of ingredients selected for their proven ability to stimulate circulation to sex organs while improving levels of important hormones. This combination provides both the immediate and long-term effects that make *Tango* valuable for restoring and supporting intimacy.

References

Full references are available by request and online at www.puretango.com

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Letters

Continued from page 5

Client With Osteopenia Seeks Alternative to Painful Drugs

Dear John,

I have taken *Boniva* for about four months and last Tuesday was the last day I'll ever take it. I hurt so bad in my left hip and lower back that I can hardly stand it.

I want to know what I should take. I was told I had osteopenia three years ago. I took *Actonel* for about eight months and was having such bad leg pain and cramps that I had to quit taking it. I just found your website with your products and want to know what I should be taking. I want to feel good again.

Danna H.

Dear Danna,

Osteopenia represents mild bone loss and a low risk for fracture, despite what doctors and drug companies may say.

If you have osteopenia, you have time to implement a non-drug program that includes OsteoPhase to see if you can slow, stop or reverse your progression to osteoporosis where the true risk of fracture begins. You can monitor your results with yearly or every other year DEXA scans.

You may wish to step up your non-drug programs if you have any of these additional risk factors: previous fracture, low body weight, current smoker, more than one drink of alcohol per day, on steroid medications, diabetes, rheumatoid arthritis, weak arms and legs {poor balance} and a parent with osteoporosis.

Additionally, if you have repeat scans that show you have osteopenia but are experiencing rapid bone loss greater than 1% per year, you should also take stronger actions to maintain or add to your bone density. It is important for you to have a current bone density scan, more recent than three years ago, to know what your current risk is.

*And one further note to your situation. A group of researchers in England compared the outcomes of 330 women with osteopenia who took bisphosphonate drugs, such as *Boniva*, with 330 women not on the medications. Over the course of 10 years there was one less fracture in the medicated group, indicating no benefit in reducing fracture risk or rates from the drugs.*

With regards,

John Steinke, L.Ac.

Case Histories

Continued from page 4

use of her left shoulder and arm. Though she does experience residual twinges of pain and stiffness from the severe scarring and inflammation caused by the large amount of blood that infiltrated into

nutraceutical supplements that helped her to heal beautifully beyond prognostic expectations, and she remains amazed at the healing power of the herbal formulas, *ArthriPhase* and *Vital Cell*.

Summary

To summarize the most effective, therapeutic regimen that I recommend to my patients: For acute and/or chronic mus-

twice daily, as indicated to help support healing of the pain and inflammation due to arthritis and other musculoskeletal disorders.

In my professional estimation, *ArthriPhase* represents a major advance in the natural support of the healing of inflammatory problems of the muscles, ligaments, tendons and joints, and, provides genuine hope for those who have not benefited from and/or have been unable to tolerate the adverse effects of pharmaceutical drugs. It is an excellent addition to any therapeutic regimen for arthritis and related musculoskeletal disorders, and a safe, powerful, new tool for both licensed, professional, health care practitioners and patients alike. In the final analysis, it fulfills the therapeutic doctrine that underlies my practice of the healing arts, that is, *Primum Non Nocere* (First, Do No Harm).

Editor's Note: Dr. Mitch Fleisher, MD, is the author of *Alternative DrMCare Natural Medical Self-Care Protocols*®. For a comprehensive, effective, natural medical therapeutic regimen for arthritis and related musculoskeletal disorders, go to www.alternativedrmcare.com, register by clicking on any 'Join Today' or 'Join Now' graphic to access the members area.

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her injured muscles, she is not the "cripple" the experts told her she would be, and she continues to engage in physical therapy to further loosen up the damaged tissues. CR expressed considerable gratitude for the homeopathic remedies and

culoskeletal pain and inflammation, start taking 4 capsules twice daily of *ArthriPhase*, then, as pain and inflammation begin to subside and stabilize, gradually reduce the dosage to 3 capsules twice daily, and finally, to 1 to 2 capsule(s)