

Rejuvenating, Antiaging Benefits of Vital Cell®

Clinical Trial of Age-Related Health Problems in 150 Adults *By Jim English*

Vital Cell® is an advanced herbal formula designed to counter a host of problems commonly associated with human aging. By supporting healthy microcirculation *Vital Cell* has been shown to enhance energy levels, reduce plasma viscosity, enhance microcirculation and reverse capillary damage. Additionally, by promoting improved internal organ function and speeding removal of cellular waste products such as lipofuscin, *Vital Cell* can support the immune system to increase resistance to illness and improve overall health (see *Restoring Thymus Function for Enhanced Immune Support*, on page 3).

The following article is a shortened summary condensed from a large clinical trial of *Vital Cell* involving 150 patients, aged 55 to 89 years old. In their paper the study researchers documented significant improvements in a wide range of symptoms commonly associated with age-related degenerative health issues.

Arterial Support

With advancing age, arteries tend to thicken as fatty deposits accumulate on the inner lining of arterial walls, especially in

“After one month of taking *Vital Cell*, 23 of 25 patients (92 percent) were completely free of symptoms...”

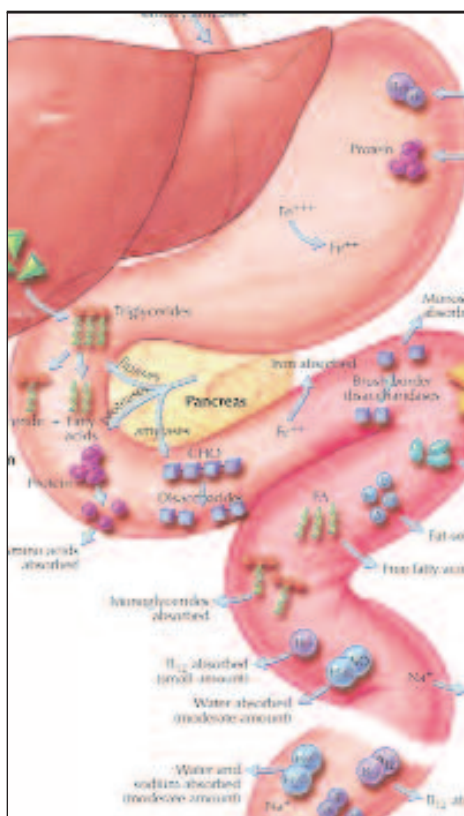
the coronary and cerebral arteries. These deposits reduce arterial circumference and impair blood vessel elasticity, resulting in reduced blood flow to heart tissues. Common symptoms usually include chest distress, palpitations, insomnia, and pain due to insufficient blood supply to the coronary arteries.

Angina: Prior to treatment, 25 of the enrolled patients had been diagnosed with *angina pectoris* (chest pain or discomfort due to coronary heart disease and reduced blood flow to the heart). After one month of taking *Vital Cell*, 23 of the 25 patients (92 percent) 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 percent) 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.

Continued on page 2



Calming Stomach and Gastric Upset

Part 1: Nausea and Heartburn *By John Steinke, L.Ac.*

The gastrointestinal tract has two primary nutritional functions. The stomach, or gastric region, begins the process of digestion to prepare food for assimilation in the small intestine. The intestines sort through the digested components so they can be absorbed into the bloodstream, or passed through the alimentary canal to be excreted.

Part I of this article will examine the two primary forms of discomfort indicating poor digestion: nausea and heartburn. Both conditions can arise from illness, aging, overeating, eating the wrong foods, and excessive consumption of alcohol and soft drinks. They are also commonly seen side effects of prescription and over-the-counter medicines. While nausea and heartburn are not diseases, they can be symptomatic of different conditions that can accompany or trigger other serious disorders.

In addition to addressing the most common causes of gastric upset, I will also review the potential benefits of *GastroCalm™*, Tango Advanced Nutrition's enhanced version of one of the most popular digestive herbal formulas used throughout Asia to settle the stomach and promote proper digestion.

Nausea

Nausea is the queasy sensation in the stomach that is often accompanied by the urge to vomit. Food, alcohol and motion sickness are obvious culprits, but nausea can also be triggered by a host of other causes, many of which do not begin in the stomach itself. Migraine headaches, Meniere's disease, prescription medications and even common dietary supplements are frequent contributors to nausea symptoms.

Continued on page 4

Vital Cell

Continued from page 1

Coughing, Shortness of Breath

Human aging is associated with the partial or complete wasting (atrophy) of the adrenal cortex and sex glands, resulting in 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. Symptoms often include chronic coughing and shortness of breath.

Coughing: Before receiving *Vital Cell*, 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 percent), 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 percent) were able to complete the stair test without difficulty.

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.

"After one month of treatment with *Vital Cell*, 30 patients (94 percent) were free of edema, and only two patients still showed signs of swelling of the lower limbs."

Prior to the trial, 69 patients reported experiencing bouts of dizziness. After one month of treatment, 59 patients (85 percent) reported that their symptoms had abated, while only 10 patients (15 percent) still experienced episodes of dizziness.

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) and swelling 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 percent) 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 percent) reported that their appetite had returned, and only seven patients continued to show signs of poor appetite after 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 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 positive anti-aging effects to aid in normalizing blood pressure levels.

Researchers measured blood pressure levels of patients before and after treatment 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, and the average diastolic pressure was 89.

After taking *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. The highest diastolic pressure fell to 100, while the average fell to 79.

Improved ECG

Of the 150 study patients admitted to the study, 48 had been 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 percent) were shown to be free of the previously detected ECG abnormalities, while five patients (15 percent) were found to still have abnormal ECGs.

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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. 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, cor-

Continued on page 8

Restoring Thymus Function for Enhanced Immune Response

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 the bone marrow in an incomplete state. In order to function properly, immature T-cells migrate to the thymus gland where they are programmed into mature T-cells that orchestrate the immune response to attack and destroy invading viruses and cancer cells.

In our early twenties we have an abundance of well-trained, functioning T-cells that regulate the immune system and help the body fight off pathogens and disease. After about age 20, the thymus begins to shrink (atrophy) as dying thymic cells are progressively replaced by fat and connective tissue.

By about age 40, output of thymic hormones has dropped significantly and T-cells have begun to lose their effectiveness. It is this gradual loss of functioning T-cells that is believed 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 disorders and cancer.

Antiaging Effects of Vital Cell in Rabbits

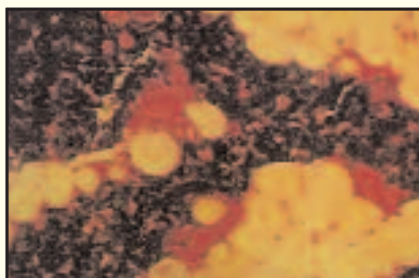
To evaluate the effects of *Vital Cell* on organ health, researchers conducted a two-year trial with two identical groups of rabbits. One group was treated with *Vital Cell* daily, and the second, untreated group served as a control. At the end of the study, the researchers compared the organs of both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

“By about age 40, output of thymic hormones has dropped significantly and T-cells have begun to lose their effectiveness.”



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

Calming the GI Tract

Continued from page 1

Nausea Related to Food, Alcohol and Travel

We've all done it before – had too much to eat and drink during the holiday festivities. As a result we experience gastric upset in the form of nausea, vomiting, bloating, gas, belching, dyspepsia (heartburn), diarrhea and general discomfort as our stomach tries to calm down. Toss in travel across time zones and a touch of motion sickness and the problem can become unbearable.

Nausea Related to Food Poisoning

Consuming contaminated or tainted foods is another common factor contributing to gastric upset. According to the Centers for Disease Control, every year approximately 76 million people in the United States get sick from eating contaminated food, and approximately 5,000 of those people will actually die from foodborne illness.

Nausea and Migraines

Migraines are a neurological syndrome characterized by altered bodily perceptions (i.e., visual disturbances or “aura”) and throbbing headaches. Migraine sufferers often experience nausea and vomiting accompanied by a pronounced and extreme sensitivity to light (photophobia), sounds (phonophobia) and odors (osmophobia). In severe attacks, even normal activities such as standing or walking can intensify pain to the point where normal function is completely disrupted.

Migraines strike women three times as frequently as men, affecting 5 percent of men and 17 percent of women in the United States, and an estimated 240 million people worldwide suffer 1.4 billion migraine attacks each year. In spite of these numbers, according to the International Headache Society, many migraines go unrecognized and undertreated due largely to the fact that there are no recognized biological markers to confirm the diagnosis.

While the exact cause of migraine is not fully understood, migraines can be triggered by internal and external factors, such as stress, anxiety, food allergies, hormones and changes in light, heat and altitude. When triggered, the nervous system responds with increased serotonergic activity in the brain, vasodilation of the extracranial blood vessels, and concomi-

tant vasoconstriction of the intracranial blood vessels. Nausea is one of the main physical symptoms frequently seen in migraines, occurring in up to 20 percent of migraine episodes.

While current therapeutic options for migraines are often not effective or are accompanied by troublesome side effects, *GastroCalm* can be very effective in calming the nausea that occurs with migraines. In my clinical experience, *GastroCalm* by itself sometimes eliminated migraine headaches by reducing nausea at the first onset of symptoms.

In situations where allergies are leading to migraines, *AllerPhase* may help to short-circuit an attack by halting or calming the underlying allergic reaction. Taken together, *GastroCalm* and *AllerPhase* may help to prevent or reduce the incidence of episodes while mitigating the headache pain and nausea associated with migraines.

“Taken together, *GastroCalm* and *AllerPhase* may help to prevent or reduce the incidence of episodes, while mitigating the headache pain and nausea associated with migraines.”

Nausea and Meniere’s Disease

Meniere’s disease is a common disorder characterized by sudden and debilitating attacks of violent vertigo (dizziness) accompanied by fluctuating hearing loss, ear fullness and/or tinnitus and nausea. While the exact cause of Meniere’s is not known, autoimmune reactions, including allergies and migraines, are implicated as triggers that lead to fluctuating pressure changes in *endolymph*, a fluid in the inner ear. As this fluid accumulates in the inner ear, it is thought that excess fluid can burst from its normal channels in the ear and flow into other areas, causing damage.

We know from previous comments from customers that *AllerPhase* is very effective at interrupting allergic responses and resolving fluid accumulations in the nasal passages and lungs. It is likely that a similar benefit occurs in the ears, and that

AllerPhase may help in halting and alleviating vertigo and ear fullness during attacks of Meniere’s.

Nausea is another common symptom in Meniere’s attacks. As with migraines, this symptom does not have a cause in the stomach, but arises from the inner ear, much like motion sickness. While *AllerPhase* may help to reduce Meniere’s attacks, *GastroCalm* may also aid in alleviating the nausea that does occur with full-blown episodes.

Nausea and Medications

Gastric upset and nausea are common side effects of a large number of medications (for an extensive list of over 3,900 prescription and OTC medications that can cause nausea, visit: wrongdiagnosis.com). The problem is particularly pronounced when one has to take more than one medication at the same time. In my practice, *GastroCalm* has proven to be a safe option to mitigate or reduce the nausea occurring from medications.

Heartburn and Gastric Acid

Heartburn, acid reflux, dyspepsia – all are names for the painful, burning discomfort experienced as stomach acid backs up into the esophagus and irritates sensitive tissues. *Gastroesophageal reflux*, or GER, is a common, occasional symptom that everyone experiences from time to time. Of a more severe nature, GERD, or gastroesophageal reflux disorder, is a chronic, persistent problem often accompanied by dry cough, asthma symptoms and difficulty swallowing. If the situation is left unresolved, GERD can lead to more serious health problems.

GastroCalm can be very helpful in diminishing the symptoms of heartburn, and may interrupt the progression of acid reflux into more serious disorders. This is illustrated in the following letter sent to us by a naturopathic doctor who frequently recommends *GastroCalm* to his patients.

“I recently treated a 50-year-old male for a second recurrence of GERD. Various medications and supplements had helped somewhat. When I placed him on *GastroCalm*, 2 capsules, 3 times daily, over the course of about five weeks he was able to eliminate his medications and most of his other supplements. He has also returned to eating regular foods with no ill effects. He now takes *GastroCalm* as needed for occasional rare flare-ups upon overeating.”

Sleep Apnea Linked to “Silent Reflux”

Incidence of nighttime acid reflux has been linked with significant sleep disruptions, according to a survey presented at the 72nd Annual Scientific Meeting of the American College of Gastroenterology.

Researchers at the University of Arizona have found that sleep impairment occurs more than twice as frequently in people with GERD (42 percent) than those without GERD (20 percent).

These findings confirm a previous study of 81 patients with documented sleep complaints. Of those with reflux, 94 percent reported that acid reflux interrupted their sleep. Based on this study, William C. Orr, Ph.D. of Lynn Health Science Institute in Oklahoma City speculated that “Silent reflux” may be a significant cause of sleep disturbances in patients with unexplained sleep disorders.

In another sleep study presented by researchers at Duke University Medical Center, gastric reflux was found to be common and frequently severe in 168 patients undergoing sleep studies for sleep apnea. These patients had frequent daytime and nighttime heartburn symptoms. Those with sleep apnea reported much lower quality of life on a self-administered questionnaire.

By helping to alleviate acid reflux during the day and at night, *GastroCalm* may significantly improve the quality of sleep and, thereby, also quality of life.

GERD Linked to Asthma

Studies have shown that anywhere from 50 to 90 percent of patients with asthma also experience some aspect of GERD. For asthmatics, *GastroCalm* may help to reduce the frequency with which they experience heartburn. Interestingly, new research shows that controlling heartburn may also contribute to a reduced incidence of asthma.

In laboratory experiments with mice, Dr. Shu Lin, an assistant professor of surgery and immunology at Duke University, has found that inhaling tiny amounts of stomach fluid that have backed up into the esophagus—a hallmark of GERD—can lead to changes in the immune system that can contribute to the development of asthma.

Dr. Lin suggests that by reducing gastric reflux, people with GERD can lessen their chances of developing asthma. She recommends that people with heartburn eat smaller meals, have their last meal of the day several hours before going to bed, raise the head of their bed a

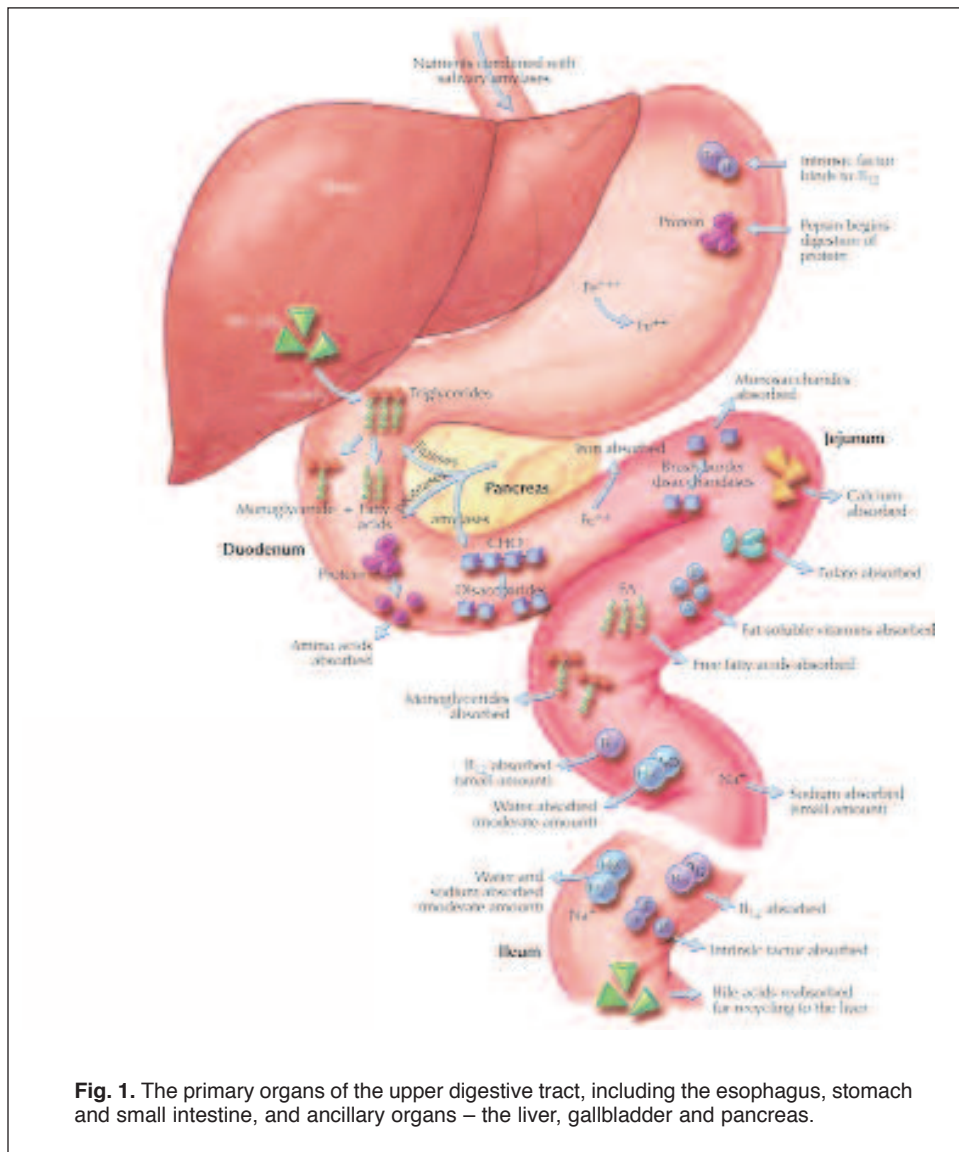


Fig. 1. The primary organs of the upper digestive tract, including the esophagus, stomach and small intestine, and ancillary organs – the liver, gallbladder and pancreas.

few inches, maintain a healthy weight and limit intake of fatty foods, coffee, tea, caffeine and alcohol.

Summary

GastroCalm is an enhanced version of Pill Curing, one of the most popular digestive remedies used daily by millions of people throughout the world. We have enhanced the traditional formula with the addition of Hawthorn fruit (*Fructus Crataegi*) to aid in the digestion of meats and fat. We have also included *Pueraria flower* to reduce reactions to alcohol consumption. This gentle, balanced herbal formula supports rapid relief to alleviate nausea, vomiting, belching and excessive stomach acid. And in cases of gastrointestinal distress accompanying the flu or common cold, *GastroCalm* may be combined with *ImmunoPhase*.

GastroCalm is also perfect for those experiencing occasional stomach upset resulting from overeating and consuming alcohol, and offers relief for those experiencing queasiness or stomach distress related to new foods and/or motion sickness [car, plane, train, boat, etc.].

GastroCalm is a very useful remedy for improving digestion and resolving the two most common types of digestive disorders – nausea and heartburn. Because nausea and heartburn are common discomforts that appear with – and may trigger – other conditions, the formula may aid in resolving other health issues related to gastric distress. Please note that we do not recommend that *GastroCalm* be used for nausea during pregnancy.

*



Letters

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

FemmePhase Helps with Hot Flashes, Palpitations

Dear John,

I had been going through menopause for about two years before I started taking *FemmePhase*. My husband read an article about your formula, and knowing what I was going through, ordered some for me. I have been taking *FemmePhase* for at least a year now. I started by taking two capsules, twice a day. By the time I got through the second bottle I could already tell the difference, so I cut down to three capsules a day and stayed there for quite awhile.

My hair used to be shoulder length, but because of all the hot flashes I always had it up in a ponytail. Anyone with hot flashes will know what I am talking about. As my internal furnace roared off and on, I carried a hand fan around with me to try and stay cool. I would also wear a T-shirt for when I had a hot flash, and when it was over, I would put on a long-sleeved shirt because I was so cold. It was quite a roller coaster.

Of course, we can't forget nighttime sweats. Throwing off blankets, then pulling them back on because I was freezing, doing this over and over again throughout the night. A full night's sleep was a luxury. I also had a small fan that ran all night next to my bed so that it would help keep me cool during those flashes of heat. Then, there were the heart palpitations and the headaches that I had to put up with.

Thanks to *FemmePhase* I no longer have any of these symptoms. I am now down to taking one, yes, just one capsule a day to keep everything in check. I do find that if I miss several days, my hot flashes tend to come creeping back, so I just start taking a couple more *FemmePhase* through the day for awhile, and I'm back to my rightful self again.

FemmePhase is now, and always will be, part of my life. It has helped make my days and nights so much easier to get through, without having to worry about those menopause symptoms following me around. Thank you very much for *FemmePhase*!!

Hala-Dee Chumway, Age 50
Atikokan, Ontario, Canada

FloControl Improves Confidence, Sleep for Reader with MS

Dear John,

First of all, I am 65 years old, I have multiple sclerosis (MS) and I had to go to the bathroom about every two hours. I read about your product, *FloControl*, and decided to try it so maybe I wouldn't have to go all the time. It took less than a week, maybe three days, to start to work. Now I get up once a night, whereas before I was having to get up three times a night. I now take *FloControl* in the morning and the afternoon and I'm good for the whole day.

Thank you for developing *FloControl*.

K.S.

Question About Effectiveness of New Tango® Potency Formula

Dear John,

The new version of your Tango potency formula doesn't seem to work as well as the original. Have you been hearing that from anyone else?

Dan F.

Dear Dan,

Actually, other than your letter and one similar comment from another client, we have been hearing the opposite. In fact, we have received numerous reports that the new Tango potency formula works better than the old one (see two letters below). I think it is because we are emphasizing the restorative component of the formula that accumulates with daily use.

It may be that you need to take 2 capsules per day for one week to get the restorative action underway. That has worked for several of our customers, including an MD who did not get results for himself at first. After trying 2 caps a day for a time, he reordered 6 bottles.

For myself, taking 1 cap a day and then 2 for a boost worked very well. After 8 weeks of daily use, a single cap now works like 2 did previously for a quick boost. Let me know if this helps. I think it is about finding the right dose for the best results.

With regards,
John Steinke, L.Ac.

Clinic Reports Feedback on Improved Tango® Formula

Dear John,

We're getting great reports from our patients using your new *Tango* potency formula! Those who have tried it are coming back with orders of 4 and 5 bottles. This new formula is so much better than the old one that we're having a hard time keeping it in inventory.

Here are just a few of the comments we've received:

Patient 1: *"I am 56-years-old and have used prescription ED drugs. They worked okay, but the next day I always had chills, fever and a headache. This new Tango formula gives me great results with no side effects! I also get sustained results over a longer period of time. This new formula is better than the old one. Please don't run out! I want 4 more bottles."*

Patient 2: *A 68-year-old male said, "Thank you for turning the clock back 30 years! I lacked testosterone, was tired, and had stress lines in my face, and could not perform when I wanted to. This new Tango has made me feel 30 years younger. The stress lines are gone from my face. The results are better than the old Tango. Send me 5 bottles!"*

Sincerely,

Linda Griffith, RN, ND
Natural Health Renewal Center
Ogden, UT

Positive Feedback From Long-Term Tango® User

Dear John,

I took your original version of *Tango* on a daily basis for several years. When I began taking the original *Tango* formula I was very weak, both physically and emotionally. I had been hospitalized four times for an odd stomach ailment and had lost approximately 10 percent of my body weight. My friends told me later that they were sure I was dying after seeing me.

Within one month of taking the first version of *Tango*, my health had improved dramatically. I regained my weight, my

appetite improved and I returned to work on a full-time basis for the first time in several years. *Tango* literally brought me back to health and ended a multi-year nightmare for me.

I continued with your original *Tango* formula on a daily basis, both as a libido support formula and an antiaging formula for my general health, well-being and energy. When you announced that you were discontinuing the formula after one of the herbal ingredients was placed on the endangered species list (CITES) I worried that my now-robust health would suffer from my recent gains.

Well, I can now report that I have been taking your latest (and in my opinion, improved) version of the *Tango* formula daily for one month. I love it and believe the effects are longer-lasting than the original *Tango*. I will turn 60 this year and I now have the libido of a 35-year-old. I haven't felt like this for the past twenty years – including the period when I took the original *Tango* formula. I also seem to have more energy, as I no longer feel like napping in the late afternoon.

I also want to comment on your *ImmunoPhase* and *BronchoPhase* formulas. Last week I started waking up with a hacking cough in the morning and pains in my chest. Having had serious bouts with pneumonia several times in my life I was very concerned about how I was feeling. I am extremely busy – usually working a 60-70 hour week – and frankly I can't afford to be sick.

I immediately started taking 3 *ImmunoPhase* and three *BronchoPhase* capsules every four hours. By the next day, my sniffles were gone, my chest pain was 90 percent better and my cough was minimal. The second day it was all gone. These formulas are really amazing. I always keep a bottle of *ImmunoPhase* in my house and office and believe it can stop just about anything when I take it immediately upon feeling any symptoms.

Thanks for these amazing formulas.

M.R., San Francisco

Pleased with Improvements in Knees, Hips with ArthriPhase

Dear John,

I recently finished my second bottle of *ArthriPhase* and I am very glad to report that it has helped me! My arthritis seems to bother my knees and hips more than the other joints. So imagine my surprise and

delight when I realized my knees were not hurting nearly as much now when I climb steps. It's always a good feeling when you don't feel the normal discomfort usually associated with an activity.

I have tried many of the other products on the market for arthritis. *ArthriPhase* has helped me more than any of the others. I will be staying with *ArthriPhase*. I would gladly recommend it to others who need help.

Sincerely, Nancy Martens

Compound Fractures and ArthriPhase

Dear John,

Forty-two years ago, I was exercising one of my polo ponies when he reared and threw me. As a result, I suffered a severe compound fracture of my left ankle. After my surgeon screwed and wired the pieces together (I still have some of the wire in my ankle) I spent three months in a wheelchair, two months on crutches and two months of painful physiotherapy before I was able to go back to playing polo.

Ten months later during an international match, my left leg was caught between my horse and my opponent's horse and was so badly twisted that the ankle broke again (I wasn't even thrown).

My surgeon warned me that because of the two breaks I would develop a severe arthritic condition in my ankle. As the years passed, it turned out that he was absolutely correct. Several years ago I had to give up my daily hour walk in the park. The pain killers had such bad side effects on my stomach that I had to take medicine to counteract them.

I finally decided that I would try an alternative solution. Well, I am almost through my second bottle of *ArthriPhase*, and while it is going to be a long treatment after so many years of pain, I was so encouraged that I actually went for a five minute walk this week.

I realized that I was pushing my luck, but I will be glad to continue to share my results after a several months of using *ArthriPhase*.

Sincerely, Robert

Thank you Robert,

We are also hearing from others about benefits for old injuries, enabling our customers to get back function and return to favorite activities. If you have had initial

results, continued use should lead to further improvements and we wish you speedy results.

I take special interest in fractures, as that was a specialty of mine in sports medicine acupuncture. I have also been around horses all my life, though not polo ponies.

Regards,

John Steinke, L.Ac.

Amazed with Herbal Boost, OsteoPhase and Vital Cell

Dear John,

When I started using your products in 2007, I had been very ill for several years. I had been unable to lie down for five and a half months and had to sleep in a reclining chair. I couldn't stand without the aid of a walker, and I was using a wheelchair and crutches to get around.

Since I started taking *OsteoPhase*, *Herbal Boost* and *Vital Cell*, I have been amazed at the change in my health. I have been using your formulas for two years now and my health has improved dramatically. I swear by your products.

Sincerely, Olive Powell

Editor's Comments

Olive's DEXA scan reports revealed that she is at relatively low risk for fracture from loss of bone density, at age 73. However, she was experiencing declines in bone density as reflected in her scores from yearly tests starting in 2001.

After starting daily *OsteoPhase* and *Herbal Boost* after her DEXA scan in September of 2006, her bone density in her lumbar spine has shown significant improvement. This included a change in the past year from minus 1.6 to minus 1.3 in her T-score. While these scores indicate mild osteopenia and small fracture risk, the changes are in a very positive direction.

DEXA scores for the same two-year period in her critical hip region showed stabilized results with no significant changes. In other words, she was able to halt a previous progression of bone loss from prior years. Her current T-score for her total hip is -1.9 showing osteopenia, but relatively low fracture risk. Her T-score for the vulnerable neck of the femur where it inserts into her hip is -2.5, a score that indicates mild osteoporosis, but with no real change from the previous year and relatively low future fracture risk.

Continued on page 8

Letters

Continued from page 7

While she experienced important improvements in halting and reversing bone density losses, her reports of other very beneficial changes show that the formulas do much more than just enhance bone formation. Healthy regulation of calcium function and improvements in blood circulation are system-wide changes that enhance every function in the body while they are working to support proper bone health. That is why Olive also experienced what I like to call “side benefits” while taking the two formulas for bone health.

Olive notes very significant changes in strength and balance that now enable her to walk without crutches or a walker while reducing her reliance on a wheelchair. These changes also reduce her fracture risk dramatically from falls due to weak muscles and poor balance. Just as importantly, these physical changes have improved the quality of her life and expectations about remaining physically active in the future.

Others can expect different additional benefits depending on how they are personally afflicted by calcium dysregulation and poor blood circulation.

John Steinke, L.Ac.

Vital Cell

Continued from page 3

tisol 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/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 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* can serve as a valuable antiaging formula to 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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