

Health Benefits of Reversing Age-Related Thickening of Blood

By John Steinke, L.Ac.

Increased thickening of blood – or elevated blood viscosity – is a common age-related condition that contributes to a number of significant health problems. In addition to impairing circulation and nutrient exchange at the cellular level, when blood is too thick, cardiovascular function is stressed, placing an increased workload on the heart while reducing cerebral blood flow and contributing to the formation of dangerous blood clots. While conventional medicine relies on blood thinning agents (aspirin, coumadin, warfarin, etc.) to reduce viscosity and limit the incidence of heart attacks and strokes, little attention is paid to the deleterious effects of “blood stasis” – the gradual, systemic reduction of healthy blood circulating throughout the body’s web of tiny, microcapillaries responsible for conveying oxygen and nutrients to tissues at the deepest cellular level.

How Damaged Blood Cells Impair Oxygen Delivery

No physical process is more fundamental to life than respiration – the intake of oxygen and release of carbon dioxide. Healthy red blood cells (erythrocytes) absorb oxygen gathered in the lungs for delivery to cellular tissues by means of a vast capillary network woven throughout the body. To support this process the bone marrow must produce a continuous supply of new blood cells, giving birth to an astonishing 2 million fresh red blood cells every second. Each day the body produces over 200 billion new red blood cells, and at any given moment there are over 25 trillion blood cells in circulation in the body.

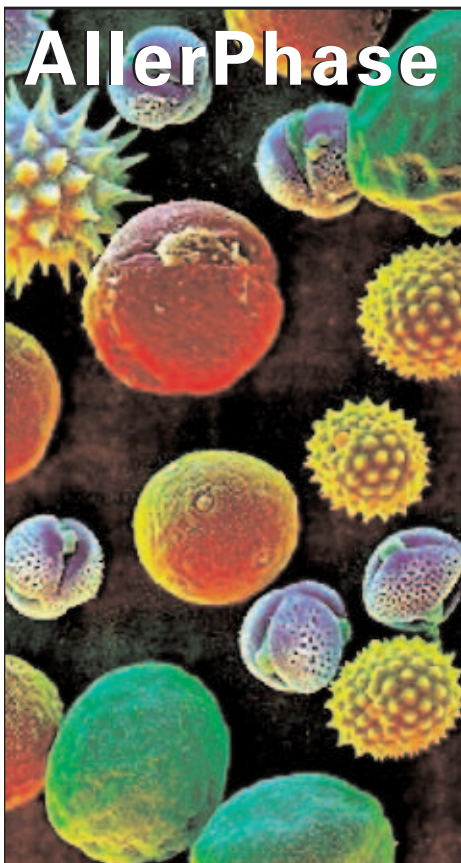
Unlike other body tissues, red blood cells lack a central nucleus, consisting of a flexible outer membrane packed with hemoglobin – the unique protein molecule

that allows cells to absorb, transport and release oxygen. Since red blood cells are about 25 percent larger than the body’s smallest blood vessels, the flexibility of this outer membrane is what allows the cells to fold over so they can squeeze into the tiniest microcapillaries to deliver oxygen to tissues.

Each red blood cell has a “shelf life” of approximately 120 days. As they near the end of their lifespan, the outer membrane become inflexible and begins to stiffen, making it difficult for the cells to fold. This loss of flexibility makes the cells more prone to damage from sheer stresses as they are forced into the smallest capillaries. Over time this damage transforms the once smooth and flexible blood cells into rigid, jagged structures that can no longer pass quickly into the lungs, nor reach into the deepest peripheral capillaries to deliver oxygen.

When old red blood cells are too damaged to be useful they are routed to the spleen where they are destroyed and eliminated from the body. Throughout life, the

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AllerPhase

Natural Allergy Relief

By Jim English

Allergies arise from an imbalance in the immune system that causes the body to overreact to normally harmless irritants (allergens). This abnormal process triggers an inflammatory response that leads to tissue swelling, redness, heat and pain, accompanied by exudation of fluids. In upper respiratory allergies, the eyes, sinuses, nose, throat and upper lung tissues are all affected to varying degrees. Left untreated, these symptoms can result in chronic swelling of the sinuses and increased risk of infection.

The best treatment for allergies is to simply avoid substances that trigger a reaction. Since this is not always possible, many allergy sufferers turn to prescription and over-the-counter medications for relief. While antihistamines and other drugs may offer some help, they can also cause serious problems. Typical antihistamines can make even the simplest of tasks, such as driving a car or operating heavy

machinery, difficult, or even dangerous. More importantly, simply blocking histamine doesn’t address the underlying imbalance, and over time allergy symptoms can become more severe and difficult to treat.

All-natural *AllerPhase®* is a highly effective herbal formula for seasonal and perennial allergies. *AllerPhase’s* unique, proprietary blend of “essence herbs” supports safe and rapid relief from allergy miseries caused by:

- Pollen
- House dust
- Dust mite particles
- Mold spores
- Pet dander
- Chemical pollutants

Understanding how *AllerPhase* works to gently interrupt the allergic response, reduce inflammation and aid in resolving the underlying imbalance is helped with a

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Allergy Relief

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brief review of the three stages of the allergic response: sensitization, acute inflammation, and chronic tissue damage.

Stage 1

Sensitization to Allergens

In Stage 1, for reasons not yet fully understood, the immune system mistakenly identifies an otherwise harmless substance as a potential threat to the body. While there are no allergic symptoms at this stage, the immune system is already hard at work preparing for battle with the newly targeted allergen. The process starts as a specialized class of cells called *macrophages* attach themselves to the targeted allergen. After destroying the substance, the macrophages pass fragments of the allergen on to a class of cells called *T-lymphocytes* (T-cells). T-cells respond by secreting a *cytokine*, called *interleukin-4*, that triggers another class of lymphocytes, *B-lymphocytes*, to begin producing *immunoglobulin E* (IgE) antibodies specific to that allergen.

Individuals prone to allergies are known to create abnormally high levels of IgE antibodies, making them susceptible to allergic rhinitis, asthma, atopic dermatitis and anaphylactic reactions.

As IgE antibodies circulate through the blood, they attach to receptors on mast cells located in connective tissues. Mast cells are especially concentrated in small blood vessels and epithelial tissues covering the skin and lining the respiratory and digestive tracts (Fig. 1). In addition to mast cells, IgE antibodies also attach to

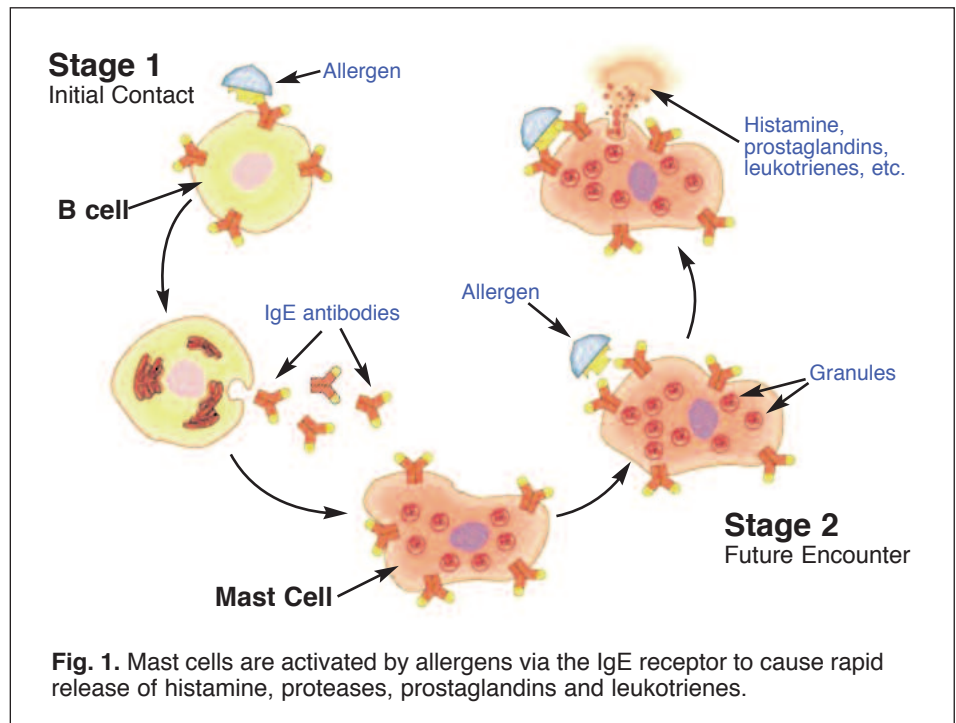


Fig. 1. Mast cells are activated by allergens via the IgE receptor to cause rapid release of histamine, proteases, prostaglandins and leukotrienes.

basophils, a specialized type of white blood cell that can exit small blood vessels to congregate around allergens.

Once this first stage is complete, a future exposure will cause the targeted allergen to bind to the newly created IgE molecules residing on the surfaces of mast cells and basophils, leading to Stage Two, acute inflammation.

Stage 2

The Chemical Cascade Begins

Stage 2 begins when the prepared immune system encounters the allergen at a future date. This time the immune system goes into action as the IgE antibodies bind to the allergen. This results in the activation of a chemical cascade as mast cells begin to “degranulate” and release histamine and other inflammatory chemicals – *cytokines*, *interleukins*, *leukotrienes*, and *prosta-glandins* – into the surrounding tissues.

Histamine

Histamine dilates blood vessels, causing localized redness and swelling due to the release of fluids. Histamine also constricts bronchial tubes, impairs breathing, stimulates production of mucus in the respiratory system, and irritates nerve endings, causing itching and pain. Histamine is responsible for many common allergic symptoms, such as sneezing, itching, sinus congestion, wheezing, coughing, shortness of breath, and skin swelling,

hives or rashes.

Leukotrienes

In addition to directly contributing to inflammation, histamine also initiates the release of *leukotrienes* (leukotrienes B₄, C₄, D₄ and E₄). These leukotrienes, especially leukotriene D₄, are ten times more potent than histamine. In addition to constricting bronchial muscles, leukotrienes also act on blood vessels, causing them to become leaky and resulting in skin eruptions and swelling.

Prostaglandins

Unlike histamine, which is produced in both mast cells and basophils, prostaglandins are only released by the mast cells. One prostaglandin in particular, D₂ (PGD₂), is an even more potent bronchoconstrictor than histamine, though less so than the leukotrienes. Elevated PGD₂ levels have been measured in secretions aspirated from the lungs of asthmatics and in nasal secretions from patients with nasal allergies.

Stage 3

Prolonged Immune Activation

Stage 3, or the “late phase” response is characterized by prolonged immune activation, usually occurring 2 to 24 hours after the initial allergic response. This late phase is characterized by the influx of additional inflammatory cells, as mast cells and neighboring tissues synthesize additional molecules that induce circulat-

June / July 2009

Vol. 4, Number 2

Nutrition Review

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ing basophils, *eosinophils*, and other cells to migrate into affected tissues. This generates a new wave of symptoms as the newly recruited cells begin secreting chemicals of their own to sustain the inflammatory process, resulting in local tissue damage. These late-phase inflammatory chemicals include additional immune mediators – leukotrienes, prostaglandins, *thromboxanes*, and *platelet-activating factors* – that further aggravate the progression towards a state of chronic inflammation.

Cytokines

Several cytokines have been shown to play an important role in the regulation of IgE synthesis and the accumulation of *eosinophils* – white blood cells responsible for combating infection and parasites – during allergic reactions. One cytokine, *interleukin 4* (IL-4), has been proven to be essential for promoting the production of IgE antibodies. Another cytokine, *interleukin 5* (IL-5), also plays a key role in the maturation, activation and survival of eosinophils (increased numbers of eosinophils in blood and tissues is a characteristic feature of allergic disease). *Tumor necrosis factor alpha* (TNF-alpha) is another cytokine that is produced rapidly during an allergic reaction. TNF-alpha regulates the secretion of additional cytokines to further attract and activate eosinophils while promoting the accumulation of inflammatory cells at the onset of the allergic reaction.

How AllerPhase aids in Inhibiting Allergic Reactions

Symptoms of allergy are highly varied, because different allergens stimulate the immune system at different sites in the body. Despite this diversity, the goals of anti-allergic treatment are similar: to interrupt the instigation of inflammation (stage 2); to resolve chronic tissue damage (stage 3); and to desensitize the immune system so that it does not overreact to allergens in the first place (stage 1).

AllerPhase provides quick-acting symptomatic relief for upper and lower respiratory allergies while strengthening the immune system to shorten the allergy season. *AllerPhase* contains ten traditional Chinese herbs specifically selected for their ability to quickly and safely relieve allergic symptoms while gently resolving the underlying imbalance that triggers allergic disorders (see chart above).

Many of the herbs in *AllerPhase* have been shown to disrupt the chemical

Inflammatory Chemical	Inflammatory Reaction	Active Inhibiting Herb
Histamine	Dilates blood vessels, local tissue swelling Constricts bronchial tubes Irritates nerve endings, itching and pain Stimulates mucus production	<i>Centipeda</i> <i>Xanthium</i> <i>Schizonepeta</i> <i>Angelica dahurica</i>
Tumor Necrosis Factor Alpha [TNF-alpha]	Prolonged inflammation and pain	<i>Xanthium</i>
Prostaglandin E2	Increases vasodilation Enhances histamine effects	<i>Angelica</i> <i>Peonia lactiflora</i>
Substance P	Irritates nerves, itching Stimulates histamine release Vascular leakage, tissue edema Induces synthesis of IG, immunoglobulins	<i>Schizonepeta</i>
Platelet Activating Factor	Induces systemic anaphylactic symptoms, including bronchial tube constriction	<i>Centipeda</i>

pathways that promote local tissue inflammation. While these herbs reduce acute attacks on local tissues, others assist in reducing swelling while clearing out fluid exudates generated by chronic inflammation. These herbs are further supported by specialized herbs shown to aid the immune system by desensitizing it to prevent future allergic reactions.

Centipeda, *Xanthium* and *Angelica* are well known for their abilities to clear nasal and sinus congestion. *Centipeda* and *Schizonepeta* also aid in reducing the inflammation responsible for itching of the eyes and respiratory tissues. *Fritillaria*, *Angelica*, *Paeonia* and *Platycodon* have been shown to reduce tissue swelling, another source of allergy miseries. And finally, the combination of *Centipeda*, *Fritillaria*, *Platycodon* and *Licorice* are traditionally used to reduce the accumulation of exuded fluids.

Rapid Relief From “Brain Fog”

Brain fog is a term used to describe some of the most disabling allergy symptoms, including loss of concentration, impaired memory, irritability, fatigue, exhaustion and poor sleep. Caused by the inflammatory effects of histamine on brain tissues,

brain fog severely impairs mental function, contributes to depression and degrades quality of life of people dealing with chronic allergic reactions.

Gastrodia, which appears exclusively in *AllerPhase*, is largely responsible for the formula’s ability to relieve brain fog. Modern research suggests that *gastrodia* aids in improving memory by promoting blood flow to the brain. *Gastrodia* also enhances the ability of other herbs to quickly reach inflamed brain tissues to reduce inflammation, control pain and reduce mental confusion.

The other traditional use for *Gastrodia* is to resolve *neurasthenia* – nervous exhaustion characterized by a sense of weakness or fatigue, easy exhaustion on the slightest effort, headache, sensitivity to light, inability to concentrate, irritability and complaints of poor memory, poor sleep, numerous constant, varying aches and pains. Along with depression, these are all common complaints for people with severe and chronic allergic reactions. They are also the most disabling in terms of quality of life – the ability to play, work, and live a full life. *Neurasthenia* is thought to involve vaso-

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Blood Viscosity

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creation and destruction of red blood cells continues on a regular basis.

As with many physical processes, advancing age can slow down the birth and death cycle of red blood cells. As blood cell production drops, the elimination of old damaged cells also begins to slow down. Over time the proportion of non-functioning red blood cells in circulation tends to increase. As the balance of healthy cells declines, distribution of nutrients and oxygen to tissues is impaired, and removal of biological waste products slows down. Additionally, as older, stiff red blood cells careen through the circulatory system, the fragile microcapillaries are damaged as they interact with the mal-formed cells.

Another problem that occurs with aging red blood cells is the increased production of *rouleaux formations*. Rouleaux formations occur when damaged red blood cells become sticky and misshapen, allowing the cells to clump together (Fig. 1). As these stacks of red blood cells increase, it becomes more difficult for the individual cells to pass through the capillaries. Rouleaux forma-

“Vital Cell exerts a positive effect on the shape and health of red blood cells, leading to improved oxygen uptake in the lungs and proper delivery of oxygen to cells.”

tions are especially problematic for diabetics, and contribute to the development of microvascular occlusive retinopathy.

Additional factors known to contribute to increased whole blood viscosity include elevated hematocrit and fibrinogen concentrations. Elevated cholesterol levels and hypertension have also been shown to increase blood viscosity and contribute to increased risk for ischemic heart disease and stroke.

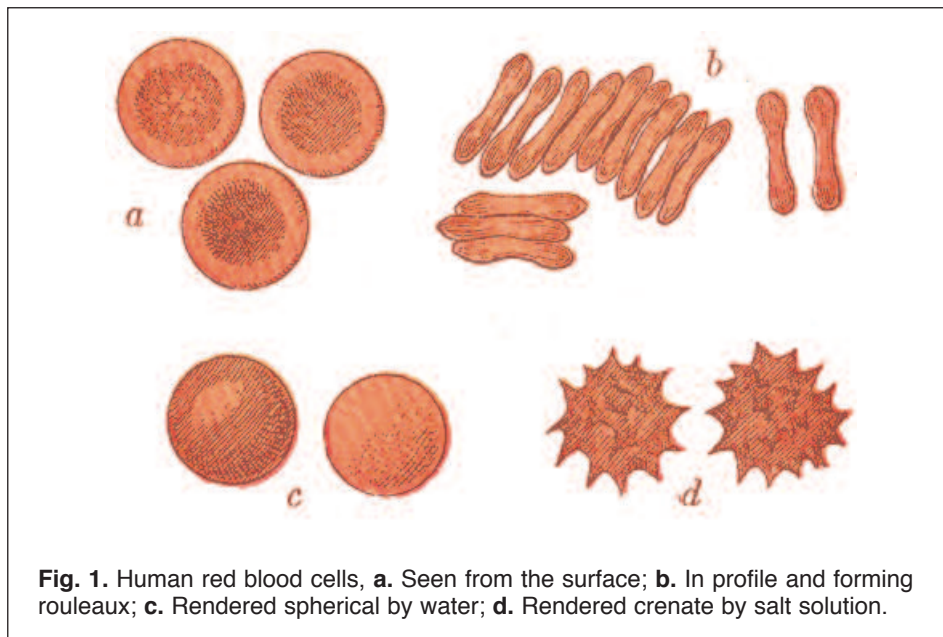


Fig. 1. Human red blood cells, **a.** Seen from the surface; **b.** In profile and forming rouleaux; **c.** Rendered spherical by water; **d.** Rendered crenate by salt solution.

Reducing Viscosity for Healthier Blood, Improved Microcirculation

Vital Cell® is a proprietary blend of herbal extracts that has been shown to aid in controlling age-related increases in blood viscosity. *Vital Cell* has been shown to improve microcirculation, increase blood flow, reduce plasma viscosity, and repair capillary damage while restoring internal organ function. *Vital Cell* exerts a positive effect on the shape and health of red blood cells, leading to improved oxygen uptake in the lungs and proper delivery of oxygen to cells.

In one 30-day study of *Vital Cell*, peripheral hemograms revealed that structural abnormalities of red blood cells were significantly reduced, leading to increased restoration of normal cell structures. At the end of the study the researchers concluded that *Vital Cell* could aid in improving the quality of circulating red blood cells commonly observed in aging and various cardiovascular disorders.

In another study of 50 patients using *Vital Cell* for thirty days, researchers noted significant improvements in albumin protein levels and the albumin/globulin ratio, indicating a reversal of conditions that promote the clumping of red blood cells into rouleaux formations.

Clinical Benefits of Vital Cell

In addition to restoring circulatory performance and de-aging blood components, *Vital Cell* has been clinically proven to enhance energy and improve blood circulation while reducing many of

the biomarkers associated with human aging. The following is a partial list of conditions shown to have improved in a clinical study involving 150 elderly patients receiving *Vital Cell*:

- Chest Pains and Tightness
- Palpitations
- Insomnia
- Coughing, Shortness of Breath
- Dizziness
- Edema (Puffiness of Lower Limbs)
- Poor Appetite
- Mood and Complexion
- Blood Pressure
- ECG
- Microcirculation
- Immune Function
- Plasma Proteins
- Renal Functions

The study compared healthy individuals, ranging in age from 50 to 89 years old, with patients diagnosed with hypertension, coronary heart disease and other age-related illnesses. Each patient was given *Vital Cell* twice daily. Some patients were treated in two, four-week sessions, with a 5-to-7 day break between sessions, while others were treated continuously, with no breaks. The observation from these cases demonstrates that *Vital Cell* produces profound anti-aging effects while providing a range of therapeutic benefits for those with illnesses related to the aging process.

*

Research Update

Poor Sleep Increases Blood Sugar Abnormalities, Risk of Diabetes

Growing research continues to implicate poor sleep habits with a higher risk of developing Type 2 diabetes. And increasing risk for diabetes is not the only health problem associated with sleep duration – a growing number of studies are shedding light on similar relationships between sleep and obesity, cardiovascular disease, and overall mortality.

In one new study funded by the National Institutes of Health (NIH), researchers report that people who get less than six hours of sleep a night are at increased risk of developing impaired fasting glucose – a condition that can precede Type 2 diabetes. Type 2 diabetes, the most common form of diabetes, develops when the body makes relatively too much insulin and doesn't efficiently use the insulin it does make (insulin resistance). While Type 2 diabetes appears most often in middle-aged adults, adolescents and young adults are developing Type 2 diabetes at an alarming rate.

In their report the researchers compared the fasting glucose levels and sleep patterns of 1,455 individuals over a period of six years. After adjusting for age, body mass index, glucose and insulin concentrations, heart rate, high blood pressure, family history of diabetes and symptoms of depression, the researchers found a significantly increased risk of developing impaired fasting glucose among short-sleepers compared to the mid-sleepers. They discovered that participants with normal blood sugar levels who slept, on average, less than six hours each night were almost 5 times more likely to develop impaired fasting glucose levels compared to those getting six to eight hours of sleep. Of the 1,455 participants, 91 had fasting blood glucose levels rise from less than 100 milligrams per deciliter (mg/dL) at baseline to between 100 mg/dL and 125 mg/dL at follow-up exams.

According to Lisa Rafalson, Ph.D., lead author of the study and National Research Service Award fellow and research assistant professor at the University at Buffalo in New York, while studies continue to explore the role of genetics in developing Type 2 diabetes "...there is no known genetic predisposition to sleep disturbances that could explain our study's results, especially in this limited sample size," Rafalson said. "It is more likely that pathways involving hormones and the nervous system are involved in the

impaired-sleep/fasting glucose association. This study supports growing evidence of the association of inadequate sleep with adverse health issues."

Source: American Heart Association (2009, March 17). "Short-sleepers" May Develop Blood Sugar Abnormality That Can Lead To Diabetes.

Sleep Apnea Thickens Blood Vessels, Increases Heart Disease Risk

Obstructive sleep apnea, or periodic interruptions in breathing throughout the night, results in thickening of blood vessels and increased risk of several forms of heart and vascular disease. Obstructive sleep apnea is thought to affect one in every 50 women and one in every 25 men in the United States. Standard treatment involves a mechanical application of air pressure. Anything that blunts sleep apnea's effects on blood vessel physiology could reduce its impact on disease risk, according to Michael Hart, professor of medicine at Emory University School of Medicine and Atlanta Veterans Affairs Medical Center.

Cyclically depriving mice of oxygen – inducing "chronic intermittent hypoxia" – in a way that simulates obstructive sleep apnea leads to the development of pulmonary hypertension, a life-threatening condition in which the right side of the heart has trouble pumping blood because of resistance in the lung's blood vessels.

Hart and his team at Emory University have identified an enzyme, *NADPH oxidase*, that plays a vital role in the effects obstructive sleep apnea exerts on blood vessels in the lung. NADPH oxidase is a helpful enzyme because it is responsible for making superoxide, a reactive free radical that the immune system uses to kill bacteria. Humans with mutations in genes for NADPH oxidase experience recurrent bacterial infections because their ability to fight the bacteria is weakened. But superoxide also interferes with nitric oxide, a signal that allows blood vessels to relax.

Hart and his colleagues found that chronic intermittent hypoxia forces the blood vessels in the lung to produce more NADPH oxidase. Because inhibiting the NADPH oxidase enzyme in the entire body may be harmful, Hart favors an indirect intervention, stating, "We think that strategies to lower NADPH oxidase expression induced by hypoxia may be useful in preventing hypoxia-induced pulmonary hypertension."

Source: Nisbet et al. The Role of NADPH Oxidase in Chronic Intermittent Hypoxia-Induced Pulmonary Hypertension in Mice. *American Journal of Respiratory Cell and Molecular Biology*, May 1, 2009; 40 (5): 601.

Obesity and Diabetes Double Risk of Heart Failure

The twin epidemics of obesity and Type 2 diabetes will continue to fuel an explosion in heart failure, already the world's most prevalent chronic cardiovascular disease. According to John McMurray, professor of cardiology at the Western Infirmary, Glasgow, around one-third of patients with heart failure have evidence of diabetes, and for them the outlook is very serious. For doctors, he added, effective treatment is "very difficult."

Obesity, like diabetes, is increasing in prevalence. The latest report from *Euroaspire*, Europe's largest survey of cardiovascular risk factors in coronary patients, found that the prevalence of obesity had increased from 25 per cent in 1997 to 38 percent in just ten years – and this in people who had already had at least one heart attack.

Now researchers are emphasizing that obesity is not just associated with an increased risk of heart attack, but also – and especially – with an increased risk of heart failure. "Obesity is at least as great a risk factor for heart failure as it is for heart attack or stroke," says McMurray. "Obesity more than doubles the risk."

The pathways by which obesity plays such a role in heart failure are not yet fully understood, but have been shown to have an indirect effect via hypertension, heart attack, or diabetes – and a direct effect on the heart muscle itself. "We know that the underlying changes in the structure and function of the heart may be different in obese and non-obese patients with heart failure," says McMurray. An even more "intriguing" suggestion, he added, is that fat cells might act as an endocrine tissue, secreting substances which may have a harmful effect on heart tissue and blood vessels.

The relationship between diabetes and heart failure is also a subject of investigation, with the risk of heart failure doubled in diabetics. Heart failure patients with diabetes also have worse symptoms, a higher risk of hospitalization and a greater risk of death than those without diabetes – suggesting that the underlying pathophysiology of heart failure may be different in diabetics and non-diabetics. Professor McMurray also notes an "intersection" of the two conditions by which those with diabetes have a higher risk of heart failure, and those with heart failure have a higher risk of diabetes. "But whichever is the causative factor," he adds, "it's very bad news for those with both conditions."

Source: Society of Cardiology (2009, May 30). Obesity And Diabetes Double Risk Of Heart Failure: Patients With Both Conditions 'Very Difficult' To Treat.



Letters

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

Husband Helped After 40 Years with Severe Allergies

Dear John,

I found your site through Hyla Cass, MD (www.cassmd.com). I am a huge fan of hers and her advice has improved my life immensely! As for my husband, he has suffered from severe allergies for 40 years. He has tried just about all of the OTC allergy remedies and prescription medications available, having only modest success until his system acclimated and the benefits slowly waned.

Then he tried *AllerPhase*. WOW! What a difference! Within 3 days he could breathe so much better and the sniffing, sneezing, snorting and coughing kept diminishing until it was nothing. Yea! He has been on *AllerPhase* (1 capsule, twice a day) for several months and it continues to work just as well as it did from the start!

We can't thank you enough for this wonderful product! My husband is so happy and relieved (and so am I)!

Debby W.

AllerPhase Helps 14-Year-Old Son with Grass Allergies

Dear John,

My 14-year-old son has suffered from grass and tree allergies for most of his life. Making matters worse, his allergies were triggering exercise-induced asthma attacks while taking part in physical exercise (PE) classes at school. We live in California and the PE classes are held outside on the grass fields.

My son was taking all the prescribed medication for allergies, including an inhaler for the asthma when he took PE class, but he wasn't getting much help from the medication. He is also an advanced student, and by second quarter this past school year, as his allergies worsened his grades began to fall. He started telling me of his extreme fatigue, headaches and memory problems, and that he just couldn't seem to concentrate anymore. This is when I really began to worry, thinking it could be something more than his allergies.

By chance, I got my health e-mail from HSI and was reading about your products

and clicked on your web site. I started reading about *AllerPhase* to my son. We both picked up on the part about alleviating the brain fog and thought we'd give it a try.

I had him start taking 2 capsules twice a day for the first three weeks. It was amazing to see the difference in him within the first week. All the allergy and asthma symptoms cleared up. He doesn't even use the inhaler anymore! His grades went back up on the honor roll and he told me he was able to run better and do more laps on the track without the breathing problems. And he got an 'A' in his PE class!

Now he takes *AllerPhase* (1 or 2 capsules per day) only when he starts feeling that his symptoms are returning, usually during peak pollen outbreaks.

We are so happy to have found this product. I have given it to other members of my family and I also take it myself. All of us have experienced the same results.

Thank you very much for an amazing product!

Sandra Toma

Finally Free from Seasonal Allergies

Dear John,

For eight months of the year I no longer have to worry about seasonal allergies. I make my order for *AllerPhase* and I am good to go.

For years my life was made miserable from seasonal allergies, especially when my husband's position took us from one part of the states to another. Every time we moved, I took my allergies with me.

I had tried everything – doctors, injections, locking myself indoors, a wide range of natural products – but nothing worked for me until I found *AllerPhase*.

Thank you,

Bonnie Deacon,
Lexington, TN

More Feedback on AllerPhase Relief, Lack of Side Effects

Dear John,

Allergies have interfered with my life for many years, and I have tried countless

remedies. I have also done allergy testing and a program called BioSet, which was very expensive but did help. However, the allergies still come back in the Spring and Fall, so I try to use whatever homeopathic remedies may work somewhat. The problem is that they have to be taken every few hours, almost around the clock. That regimen gets very difficult to follow and does not always work.

Finally, with *AllerPhase*, I believe I have found something that really works, and my husband agrees with me.

I woke up this morning with itching, watery eyes and sneezing. I took two *AllerPhase* and immediately the symptoms were gone. That was at least three hours ago, and I believe it will last much longer, perhaps even all day. There are no side effects, just a relief of symptoms. The product is rather expensive, but *AllerPhase* replaces many other products and is worth it for the relief it gives.

Thank you so much for a great product.

Marge Thronson

WWII Veteran Happy with FloControl

Dear John,

I am using your product, *FloControl*. The bottle contains 180 capsules, and I have 30 capsules left. This is my testimonial to the merits of *FloControl*. Since age 70, for the past 12 years, I have had prostate problems. The frequency of urinating was one of my problems. Thanks to *FloControl*, now I am getting a good night's rest. Instead of going into the bathroom six to seven times each night, now I go two to three times only.

I am a WWII, 100 percent disabled Veteran. I get free medical care from the Veterans Administration, including free pharmaceutical drugs. Therefore, cost is not a factor.

However, I have tried many different remedies for the past 12 years, but to no avail. When a product like *FloControl* comes along and it works the second day, others should be informed. I was made aware of *FloControl* when I read an article in the December 2008 issue of *Health Sciences Institute* (HSI).

George Pierre

More Feedback on FloControl Success

Dear John,

Whenever I hear about a new remedy, I always question whether it's real or not. I think maybe the company is just trying to make money. I was already taking a generic drug I got from the Veterans Administration, but I'd read it's not too good. Most medications have some side effects, and I'd much sooner take something natural.

I talked to John Steinke, and he said to take 9 *FloControl* a day for 20 days. Like I said, I thought it wasn't going to work. I thought I'd be calling back for a refund. But I figured I'd try *FloControl* because I had to take something, my bladder was weak, and I was leaking all the time.

I tried *FloControl* for 20 days, and it actually worked. I couldn't believe it. Then I cut down to 6 a day, and it's still working.

I really love it, and I'd recommend *FloControl* to anybody.

Mr. R. S.
Genova, NB

Freedom from Pain of Osteopenia for OsteoPhase Fan

Dear John,

Well, for the last few years, I've had osteopenia all the way down my spine, and I've suffered from chronic neck pain as a result. The doctor who diagnosed the osteopenia said it hadn't progressed yet to osteoporosis, and he wanted to get me on some medicine right away. Well, I didn't want to take it. I didn't want to get into any more prescriptions. Besides, I like natural things better.

One year the pain was so bad that I had to get a prescription for over-the-counter pain medicine just to make it livable. I also had to get regular physical therapy and see a chiropractor for the pain.

Then this past January, while I was getting ready to take a trip to Albuquerque, I read somewhere about *OsteoPhase*. I'll admit I really didn't have much faith in it, and I thought it was kind of pricey, but I decided to try it anyway. Well, after using *OsteoPhase* for two or three weeks, I noticed a significant difference; the pain was mostly all gone!

Now, I know you're supposed to take two a day, but I wanted to make it last, and I was getting such great results that I

decided to just stick with taking the one a day of *OsteoPhase*.

Originally the pain was worse at night, and sometimes I'd have to wear a soft neck brace for an hour during the day, and that would help some, but I don't even need that anymore since I started using *OsteoPhase*. I may get a little stiffness in the morning when I first get up, but other than that, I don't have any more pain all day or night.

I'm just so happy to have found your product, *OsteoPhase*. It has done so much good for me. *OsteoPhase* is natural, doesn't have any side effects and it's helped me! I'm so grateful to have *OsteoPhase*.

Thank you and God Bless,
Mary R.

Teacher Pleased with ImmunoPhase for Colds, Flu

Dear John,

I am a teacher at Mt. San Jacinto College in southern California. For the first 2 years of teaching here, I fought the flu bug each year.

I found out about *ImmunoPhase* from Health Sciences Institute and started taking it whenever I would get sore throats, slight nausea, body aches and other flu symptoms.

I have not missed any school since starting this regimen 2 years ago, except the time I ran out of *ImmunoPhase* and waited 2 days for a fresh supply in the middle of a virus. Even after starting the dosage later than I should have, the symptoms were much milder and the recovery time quicker. My wife takes one capsule when she feels she needs it and has not had the flu or a cold for 2 years.

Thanks for such a powerful alternative to flu shots and antibiotics.

Gratefully,
Wayne Sondreal – one satisfied customer

P.S. 60 tablets is like 3 containers of *Airborne*, which would cost about the same, but *ImmunoPhase* works way, way, way better!

ArthriPhase Helps Overcome Stiffness, Pain in Wrist & Fingers

Dear John,

As a dental hygienist, the proper functioning of my wrist, hands, and fingers are vital to my profession. About a year ago,

I was experiencing stiff wrist and fingers upon awakening and this eventually continued throughout the day. After the stiffness, pain set in.

Due to past experience, I knew that modern medications were not my solution. They merely masked the symptoms, let the source of the problem get worse, and gave me digestive problems (aggravating my liver and kidneys). Around that time, I was diagnosed with arthritis. Frankly, at age 49, I was petrified of not being able to work, if this continued.

I was delighted when I received information from the *Health Sciences Institute* informing me of the effectiveness of *ArthriPhase*. Other letters on your website convinced me and I ordered a bottle of *ArthriPhase*.

I am delighted to report that halfway thru the bottle, my pain was almost all gone and I could bend my fingers and close my hands. The stiffness disappeared completely after I began the second bottle.

Thank you for your wonderful product and much continued success!

Sylvia D., Montreal

ArthriPhase Helps Client with Whole-Body Arthritis

Dear John,

I had arthritis in my whole body. I saw an ad in the newspaper about *ArthriPhase*. I'm usually very skeptical because I've ordered things in the past that didn't work.

My hands and knees were so bad that I was getting shots. I was having a hard time closing my hands, and stepping off the curb or stepping up a stair. I was using a cane and my doctors were suggesting knee replacement surgery, but I was fighting that idea tooth and nail.

I called and ordered *ArthriPhase*. By the second week of taking it, my whole body felt better, and it's continued to feel better the longer I take it. I guess the more you take it, the better you feel.

I gave a bottle of *ArthriPhase* to my daughter-in-law and she's doing much better too, so I just told my friend at the country club about it and she's going to try *ArthriPhase* and see how it works for her.

I know that everyone is different, but *ArthriPhase* sure worked for me.

Sincerely,
Betty Shaffer

Allergy Relief

Continued from page 3

motor disturbances that affect the nerves having control of the blood vessels. *Gastrodia* is one of the most commonly studied herbs in China for treating hypertension and for improving blood flow in the arteries of the brain.

Long-Term Benefits

Finally, two herbs included in *AllerPhase* provide a corrective effect on the immune system that accounts for the long-term benefits of the formula. *Paeonia* and *Pseudostellaria* promote liver and lung function respectively, to support proper immune function. With many of the herbs in the *AllerPhase* formula directed to dampening the immune response to allergens, it is important to also support general immune system function. These herbs are likely, along with *Gastrodia*, to be partly responsible for helping to desensitize allergy sufferers to their various allergens.

Safety

In addition to a long history of use in *Traditional Chinese Medicine* for relieving allergic symptoms, the herbs in *AllerPhase* have been studied and extensively analyzed for safety.

AllerPhase is a non-drowsy formula that doesn't cause fatigue, fuzzy thinking

or pose a danger when driving, as do most antihistamines. And since *AllerPhase* is not a CNS stimulant, such as pseudoephedrine, users note that using the for-

long-lasting benefit by resolving underlying imbalances that cause allergic reactions in the first place.

“By exerting a gentle corrective effect to balance the immune system and dampen the tendency to overreact to allergens, *AllerPhase* presents a simple, natural, and comprehensive solution for allergic symptoms.”

mula does not cause the “wired” sensation typical of certain OTC preparations.

Summary

AllerPhase is the first Western formula to successfully combine a 5,000-year-old Eastern healing tradition with state-of-the-art manufacturing and pharmaceutical-quality processing to finally realize the legendary rejuvenating powers of these healing agents. By exerting a gentle corrective effect to balance the immune system and dampen the tendency to overreact to allergens, *AllerPhase* presents a simple, natural, and comprehensive solution for immediate relief from allergic symptoms while generating

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