

# WHAT DO THE PEOPLE IN THESE PICTURES HAVE IN COMMON?



# ALL THE PEOPLE ON THE FRONT COVER ARE ... MALNOURISHED

**The World Health Organization ranks the healthy life expectancy\* of Americans at #24 in the world.**

\*The number of years a child born today can expect to live in good health.

While you may have no problem believing some of the people in the pictures are suffering from malnutrition, you may argue about the others. The only difference in these people is—**some know they are malnourished, while others, like most Americans, don't have a clue.** How can this be?

The food we eat today no longer supplies the body's basic nutritional needs. According to the USDA, the nutrient content of our food supply has decreased about 50% compared to 50 years ago. Food today is grown in poorly maintained soil, picked before it's ripe, and left in storage containers for weeks before we consume it.

Then if there happens to be any nutrition left in it, we cook it to death before putting it in our mouths. To top it all off, most Americans tend to make very poor food choices.

**Do you see any connection between the decrease in our food nutrients and the rise of all chronic health challenges?**

A report by Johns Hopkins University in 2000, noted that 1/2 of all Americans have at least one chronic health challenge. This affects us all, as we now spend over \$2 trillion per year on health care in the U.S. And it's getting worse; the prediction is that we will spend \$4 trillion by the year 2015.

**Are you giving your body what it needs to repair itself?**

## YOUR BODY IS PROGRAMMED FOR ... HEALTH!

**“Our bodies are created with the innate ability to repair and restore themselves...”**

Did you know that your body is programmed for health? Our bodies are created with an innate ability to repair and restore themselves **if we simply give them what they need to do the job.**

For example, have you ever cut your finger? What happens if you stop the bleeding and keep the wound clean?

In a few weeks the cut is completely gone with hardly a trace. **Your body knows what to do.** Have you ever had a serious sunburn that caused your skin to peel off? Did it grow back? Of course it did; it's programmed into the DNA of your cells. How about a broken bone? Get it set in the correct position and the body repairs the break.

While there are several components of optimal health such as sleep, exercise, sunshine, hygiene, spirituality, etc.; there are only three things that we actually need to put into our body - fresh air, pure water, and proper nutrition.

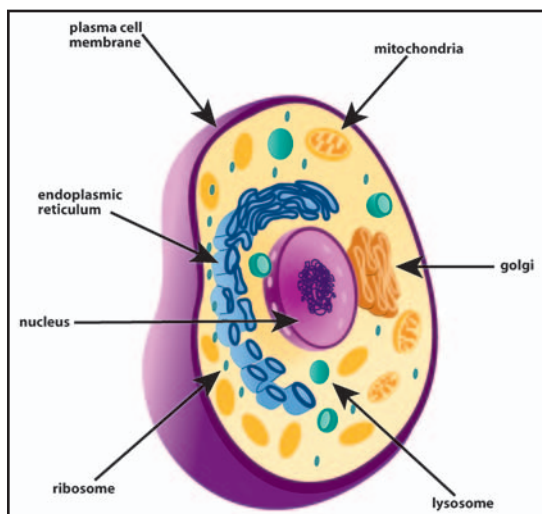


DIAGRAM OF A HEALTHY CELL

## HERE'S THE SOLUTION!

**There was a point in time that we could eat a variety of fruits and vegetables and get most of the nutrients we needed...**

... not so today. The USDA had recommended that we eat 5-9 servings of raw fruits and vegetables per day. The National Academy of Science now says we should double that, thus 10 – 18! Is that practical? Not for most of us. So what's the solution?

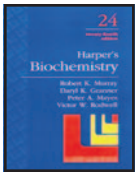
The solution is ... here in the 21st century we must use dietary supplements; they are no longer just a luxury. We must have the proper nutrition in order for our bodies to function properly and **we just can't get it from the food we eat.**

But that brings up another consideration, which nutrients? There are thousands of companies with thousands of nutritional supplements – it can be confusing at best! Your body needs many different nutrients in order to function optimally.

# WHICH NUTRIENTS DO YOU NEED?

The most foundational nutrients your body needs is a group of eight monosaccharides. While these nutrients have been around since the beginning of time, they were only discovered in the last 25 years as the technology was developed that allowed scientists to look more closely at the human cell structure.

There is a newly discovered complex of monosaccharides that are so important that they have given rise to a new field of science known as **Glycobiology**.



In 1996, **Harper's Biochemistry**, a medical textbook, devoted an entire chapter to discuss these monosaccharides. In this textbook, Robert Murray, MD, PhD, listed these eight monosaccharides and the vital role they play in our bodies.

**Why are these eight monosaccharides so important?** Your body is comprised of trillions of cells. You have muscle cells, skin cells, organ cells, bone cells, etc. But unfortunately you also have foreign cells circulating in your body. Cells like bacteria along with viruses and other toxins which, if not removed from the body, can lead to compromised health.

The eight monosaccharides found on cell surfaces allow your body to distinguish foreign cells from your own good cells.

They then communicate the message to your immune system to destroy these harmful foreign cells.

**Without the ability to identify and communicate at the cellular level, our immune system cannot destroy any foreign cells.**

What can go wrong when cellular communication is impaired? Your immune system can either let foreign cells remain in the body to grow and spread, or fail to identify your body's own cells and mistakenly destroy them.

**What are the experts saying about these monosaccharides?**

In 2001, *Science Magazine* dedicated an entire issue to the subject of Glycobiology.



**"Carbohydrate molecules (monosaccharides) surround all cells and help them to identify and interact with one another."**

*Scientific American*, Jan. 2002



The **Scripps Research Institute**, the **Royal Society of Medicine**, and many **pharmaceutical companies** are spending millions of dollars each year on research in the field of glycobiology. Every cell in your body needs these eight monosaccharides in order to function properly; **they are absolutely foundational.**

## ADDITIONAL NUTRIENTS YOU NEED:

Supplementing your diet with the following three nutrients, along with the eight monosaccharides, can give your body what it needs to function properly. The result for you: **FEELING GREAT WITH MORE ENERGY TO LIVE!**

**When was the last time you had the energy to do all the things YOU wanted to do?**

### Phytosterols

Phytosterols give your body the raw material it needs to synthesize your hormones as well as keep them in balance. Hormones play a role in: **energy, sleep, mood, fat metabolism, water retention, hunger, sex drive, tolerance to stress**, and many others.

### Antioxidants

Antioxidants protect your body from free-radical damage. Free-radicals are oxygen based molecules missing an electron that cause oxidative stress. Oxidative stress is the principle cause of most chronic health challenges, as well as pre-mature aging. It is impossible to get sufficient antioxidants from the food you eat.

### Vitamin & Minerals

Vitamins & minerals are necessary for almost every function the body performs. The crucial thing is to find a supplement that can be used by the body. Most vitamin & mineral supplements are synthetic, derived from man-made chemicals, and offer little or no value to your body. Choose a vitamin & mineral supplement that is 100% derived from plant sources **so your body can use it.**

### **What's YOUR life like today?**

Do you sleep until the last minute every morning, hit the snooze button a few times, then rush off to work; fight rush hour traffic coming and going; walk in the door at home with a million things to do; fall into bed at night completely exhausted; only to get up in the morning to start all over again? The stress of life in America in the 21st century is taking its toll. Stress is one of the primary causes of poor health and there's certainly no shortage of stress today. The most common expression you hear today ... "I'm too busy"; so we are always in a hurry, which leads to even more stress.

**Proper nutrition in today's world is more critical now than ever before.**

# WHAT THE DOCTORS ARE SAYING



"Complete proper nutrition, especially the vital eight monosaccharides, is the correct foundation upon which our medical care system functions to our best advantage."

C. Byron Smith, MD



"I graduated from the University of Kansas School of Medicine in 1956 and am a board certified family physician. I learned about the eight vital monosaccharides a few years ago and must say **I am completely amazed at what the human body does when it is given proper nutrition.** In medical school we had about 20 minutes of education on nutrition. It is very unfortunate that physicians don't know more about the power of good nutrition. I have recently closed my medical practice to give my full attention to educating people about these eight vital monosaccharides. For the sake of our families, everyone needs to know about these monosaccharides. Our country cannot sustain the current health care system unless something is done very soon."

Norman G. Marvin, MD

"There is no doubt that my patients who use the eight essential monosaccharides hold their adjustments longer and experience better energy levels, and improved mobility."

Kevin Witt, DC



"For many years, I have seen how monosaccharides and phytosterols positively affect mood, brain function and stress management in my clients. The outstanding results in these areas ultimately lead to better communication, improved relationships, and superior outlooks on life."

Dr. Neece Moore, Psychologist

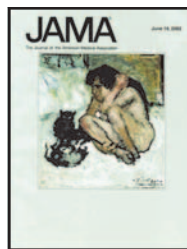


"It is unfortunate that in years past, the American Medical Association did not require comprehensive training of medical doctors in the field of nutrition. The only tools we were given were prescription drugs. Only during the past decade has the importance of nutrition been seen as necessary for maintaining good health. I finished medical school over 50 years ago and only wish that I knew then what I know now about the impact of nutrition on our overall health."

William Parker, MD

"Most people do not consume an optimal amount of all vitamins by diet alone... It appears prudent for all adults to take vitamin supplements."

*Journal of the American Medical Association, 2002;287(23):3127-3129*



"Inadequate nutrition, fatigue, or a high level of poorly handled stress can diminish the strength of the immune system ..."

*God, Medicine & Miracles, Dr. Daniel E. Fountain MD*

## Nutritional deficiencies....

How much risk are you prepared to take?

**Isn't it ironic that in the land of plenty, so many are starving to death?** We're getting more than sufficient calories, but the nutrients that give us life are severely lacking.

People continue to eat more and more causing their waistlines to expand, yet the cells of their bodies are becoming more and more malnourished. The obesity rate of Americans has more than doubled in the last 25 years. Today about 35% of us are considered obese, while 65% are considered overweight. America now has the distinction of being the fattest nation in the world.

## IN CONCLUSION!

If the cells of our bodies can't get the proper nutrients, they can't repair and regenerate themselves properly. When our cells are deprived of the necessary nutrients for a prolonged period of time, **our bodies begin to break down.**



**WHAT IS YOUR PLAN TO GET THESE NUTRIENTS INTO YOUR BODY?**