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\*These statements have not been evaluated by the Food and Drug Administration.  
 This product(s) is not intended to diagnose, treat, cure or prevent any disease.

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Hello, my name is D. Anne Ferdinand and I would like to welcome you to Natural Prescriptions for Life. You might not know this, but we all share something in common, **Nutritional Deficiency**. Despite what you might hear from your doctors and dieticians, we are all nutritional deficient. Because of malnutrition we are sicker than we need to be, we rob ourselves of our biological potential for a long and healthy life and believe it or not medical science has given us the facts to prove it and the knowledge to do something about it. We are experiencing a revolution in health care today; actually more like a revolt against our traditional sick care system with its emphasis on drugs and surgery. We want to know what we are getting for the trillion dollars we are spending every year on health care.

The World Health Organization has accused American medicine of being invasive, too expensive, often unnecessary and sometimes harmful. An estimated 300,000 people die every year in hospitals because of a medical error. Despite our technological advances in medicine and surgery, America still ranks near the bottom of industrialized nations in longevity and infant mortality. How come more babies die in America than most European and Asian countries? Despite our best efforts, we are losing the war on cancer and heart disease.

Drugs, radiation and surgery have not reduced the number of yearly deaths from cancer, which will soon surpass heart disease as our number one killer. Yet, regulatory agencies like the FDA and AMA forbid doctors from recommending essential nutrients to cancer patients because physicians must comply with a standard of care and they are unable to make claims for nutrients because they are not drugs. What is wrong with this picture, half a million people die of heart attacks every year, one in four of us would be affected with heart disease. Tragically, our first symptom is often sudden death. Yet there are studies proving that a program of diet and exercise, nutritional supplements and stress management can actually reverse proven heart disease.

What are you doing to protect your heart. Are you concerned you might be one of the million new cases of cancer this year, one in three of us will be affected by cancer and yet studies prove we lower our risk for cancer with Antioxidants and minerals. What are you doing to protect yourself from cancer. Tell me have you lost control over your own health? If you are a baby-boomer, you have three times the risk for cancer and twice the risk for heart attack as your grandparents.

How do we reconcile all this death with all the money we spend on doctors and hospitals every year? Over 300,000 will die this year from the complications of

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osteoporosis, another 200,000 will die from the complications of obesity; we are concerned about more than just death, death is final, but what about unnecessary suffering from Arthritis, Psoriasis, PMS, depression, early senility, chronic fatigue and a host of other degenerative conditions? What are you doing to protect yourself from physically and emotionally debilitating conditions that we know are preventable?

Scientists tell us that almost every common affliction in our modern world can be related to a specific nutritional deficiency. We are sick, because our bodies do not get enough essential nutrients to maintain a strong immune system. We run out of energy and die before our time because we lack important nutrients to protect us against the aging process. We do not achieve our mental and emotional potential, because our brains are starved of trace mineral co-factors that help govern our thought and emotions. Instead of trusting our doctors to cure our ailments with drugs and surgery, we should be making choices that make us healthier and less susceptible to disease in the first place. Linus Pauling, winner of two nobel prizes was ridiculed by doctors, when he first advocated taking doses of Vitamin C far in excess of the RDA. Now those same doctors take Vitamin C to protect themselves from cancer, heart disease and the common cold. Dr. Pauling also believed you could trace every sickness, every disease and every ailment to a vitamin and mineral deficiency. *What will you do with this information?*

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## HEALTH TIDBITS:

9 of 10 will die of heart disease or cancer. Since 1950 cancer has increased 44%; heart attacks occur every 20 seconds - 400 per day

Less than 10% eat the recommended foods - food pyramid

Turn of the century wheat was 40% protein, now 9%

A University of California at Berkley study showed 98% of Americans are under nourished and that 6 of 10 deaths can be related to nutritional deficiencies.

Similarly a John Hopkins study in 1994 showed taking Antioxidants cut skin cancer by 70%.

Ninety-nine (99%) of calcium we need is used by our 206 bones and 32 teeth

Prescription Drug Reactions are the 3rd Leading cause of death in America (nobody ever shows that though do they!!!!!!)

Prescriptions do not cure, they only relieve symptoms

Are you ready to take charge of your own health? Or are you one of those who blame all your troubles on the medical profession? Could you imagine what would happen if everyone in America who think their doctors are responsible for their poor health and unhappiness would examine themselves and realize they are responsible for their own health and longevity. Scientists claim we are the victims of our own habits because most degenerative disease and life threatening illnesses are lifestyle related. That means conscious choices can make a difference in how you feel, how healthy you remain and how long you live. We believe these decisions are too important to leave to your doctors.

Are you willing to take more personal responsibility for your own health? Are you ready to get the most out of this life for you and your loved ones? If so, then the information in this book could change your life.

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## MY PERSONAL TESTIMONIAL

My name is D. Anne Ferdinand and I am an "Unfranchise" Owner. The following pages will provide you with testimonials about a product that I proudly market - a product that is getting phenomenal results among the healthy and not so healthy individuals who use it on a consistent basis. But first let me tell you my story.

A very good friend, someone who I considered most unlikely to be involved in the direct marketing business, introduced me to Market America in November of 1997. She called me and told me all about the Mall Without Walls and a product called **OPC3** [**OPC** stands for Oligomeric Proanthocyanidins]. Because she was my friend, and only for that reason did I agree to let her come and talk to me about it. I had no interest in the business but the product yes and told her that I had a perfect guinea pig - my Aunt [no disrespect meant here].

You see my Aunt is 85 years old, (now 89 years old) and 11 years ago she suffered a crippling stroke, which left her paralyzed on her right, and within the last two years she had two more strokes. Her condition deteriorated because she also had high blood pressure, diabetes, and circulatory disorders and as time went on we discovered that she had dead nerves in her right leg to which the doctors told me that there was really nothing that they could do about it.

At the time I was told about this product my Aunt was suffering very extremely high blood sugar levels that the doctors could not seem to regulate. They were changing her medication every two weeks without any effect. I told my friend that if the product made even the tiniest difference in my Aunt's life I would tell all my friends about it and she could develop a customer base from time. I only wanted to help her if I could, but only on the condition that the product was as good as she claimed it to be. You see I would not put my credibility at risk for anyone.

Well, three weeks after my Aunt got on **OPC3** her blood sugar levels normalized. The doctor thought he had found the right medication but I knew better. To be quite honest there was this little nagging doubt in my mind, so two weeks later I took her off **OPC3** and four days after that her blood sugar level again fluctuated into the dangerous zones. I immediately put her back onto **OPC3** and never had a problem after.

Needless to say I was convinced. I called those of my friends who had ailments such as Arthritis, diabetes, allergies and they all purchased **OPC3** from my friend with amazing results. With the urging of my friend and her husband, I became an "Unfranchise" owner. My personal testimony is that I no longer suffer from allergies because I am a faithful user of **OPC3**, Antioxidant and Aloe Vera. Recently I suffered a back injury from a fall. The MRI showed two ruptured discs in my neck and one in my back and the EMG disclosed a pinched nerve. I found that taking two caps of **OPC3**, two caps of ISOCHROME and one cap of ANTIOXIDANT allows me to function each day pain free.

**Addendum:** With the doctor's permission, I started my Aunt on TC5000 and her overall health has improved remarkably. Most recently, her day-care provider informed me that her blood sugar was a little low so I reduced her intake of TC500 to once a day instead of twice a day.

Do your self a **favor**, try **OPC3**, a large-sized bottle costs less than .70 cents per day. **Isn't your health worth it?**

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## **ADD/ADHD AND PYCNOGENOL® - PEOPLE TALK ABOUT ADD**

THE HANDWRITING IS ON THE WALL (see handwriting examples below)

ADD/ADHD parents and an adult ADD/ADHD person are grateful to have found Pycnogenol®...

### **A Parent From California Tells Her Story**

"Andrew is my youngest child... I noticed that as a baby, Andrew always seemed quite active and always ahead of most babies his age with sitting, crawling, walking, etc. He was always pretty fearless, aggressive, and not afraid to try anything. As time went on and Andrew grew older, I noticed behavior problems... how quickly he used to get very angry about the smallest, little things. At that time I still thought it was his age (2-4 years), and that he would grow out of it.

"When school started, not only was Andrew getting into trouble all the time, but he was not learning like the other children. By now I knew something was not right, but I still was not quite sure what... His behavior problems were getting worse every day.

"Finally the school psychologist tested him and diagnosed him with A.D.D. with the hyperactivity. I took him to the doctor and he put him on Ritalin... The Ritalin was helping him a little with his attention and focusing, but by now he was so frustrated and had such low self-esteem, that he was acting out tantrums and physical violence at home and school.

"On top of that, Andrew was having many side effects from Ritalin: Stomach Aches, Headaches, Lack of Appetite, Insomnia, and Extreme Moodiness.

"As time went on, I was trying everything to help Andrew in any way I could. I just wanted him to feel good about himself and to be happy. He was eventually put on another medication along with Ritalin, called 'Clonidine', which helped him with his anger and impulsivity. I accepted the fact that Andrew was a 'special needs' child, that he had a chemical imbalance and he needed medication to get by in life. I always worried about the long term effects that the medication might cause, and I was always bothered by the fact that he never felt good because of the medication. After three years, I began asking: 'How long will he have to feel miserable on those pills?'

"In September of 1995, I received a call from some good friends to let me know about a natural, non-toxic product that might help my son. After reading about this natural, non-toxic antioxidant called 'Pycnogenol' I ordered it right away. I received the Pycnogenol four days later. By early October, Andrew was off all of his medication - which he had been taking 4 times daily - and now taking Pycnogenol - once per day.

"He has been on this wonderful product for 15 months. Andrew is in the 5th grade now and having his best year ever. He is learning like he should and catching up with the other children. He is much happier and feels much better about himself. His behavior has also greatly improved. As far as side effects go, there are NONE!!!

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"As a mother, it warms my heart to see my son who has suffered for so long, have confidence and feel happy about himself. He always tells me too, how good he feels physically. His teachers always tell me what a great job Andrew is doing at school and what a great improvement he has made. His school psychologist is also very impressed, and in her three-year evaluation of Andrew, documented the successful Pycnogenol results...

"Andrew is now able to participate in organized team sports - which he loves doing best. He is one happy little (not so little anymore) boy. I am one happy mom."

## **AN ADULT WITH ADD**

"I have been taking the Pycnogenol for approx. 15 days and I can hardly believe how good I feel. I have even stopped taking the Wellbutrin that my doctor had prescribed. I must admit, I was very skeptical at first, but after three or four days; I truly began to feel better. I did not discover that I have AD/HD until I was 38 years old. Much of the literature I have read on the subject states that undiagnosed cases usually develop other problems such as depression. I am one of those cases. Depression is what led me to finally seek help. My doctor diagnosed AD/HD and prescribed Wellbutrin. At first it made me feel very anxious, and I had aches in my bones. After about three weeks it began to help. I have been taking it now for approx. 9 months, and the last two or three months I have found little relief with the drug. Increasing dosages only made me sadder.

"Well, on Pycnogenol, I FEEL HAPPY. What is happiness? I really am not sure, after being so depressed, even as a child. But, I think I FEEL HAPPY, and I can only contribute this drastic change to Pycnogenol. As I write this, I have tears in my eyes, but they are so much different than the painful ones I have cried for years. I'm still finding it hard to believe, but this stuff is really helping me... I hope and pray that using this product continues to help me... Thanks again for enlightening me to a product that seems to have changed my life."

## **A CONCERNED MOTHER**

"It took much convincing that my daughter could possibly have A.D.D. I took her to the doctor... we decided that JoAnne should go on Ritalin. Her work improved at school, but at home I still struggled with an angry child. This summer she was diagnosed with gall stones, and her whole gall bladder was removed... Upon returning to school this fall, the doctor had put her back on Ritalin. She was good with work until the last part of October, she got a nervous twitch in her face and her attitude appeared to get worse. Well, I took her back to the Dr. and he took Jo off the Ritalin, refusing to put her back on it fearing she might have Turrets Syndrome. I got real worried and frustrated at that point, because I saw my poor daughter deteriorating in front of my eyes...

"WOW!! What a difference this made! This little girl that was so angry and out of control has changed! In the past, the first thing I used to do when she woke up was yell at her to let her know I was tired and did not want to fight getting her ready for school. One recent morning I did that and she gave me a look that LOVING children give to their parents! I was shocked.

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What could I do?! I knelt down and hugged her. I asked her if she was feeling OK. I thought she had the flu or something. But it was the Pycnogenol..."

"Her school work is a testimony in itself; when she was on Ritalin, JoAnne's handwriting and work was great. Now that she is on Pycnogenol, her handwriting and work is 100% better... I am so excited that her teacher told me that she is actually sitting and doing her work... I sure have a lot to be thankful for."

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## **ALLERGIES (1)**

I just have to say how much OPC-3 and our Isotonix Vitamin C have helped my husband's allergies. He used to have them year round - but particularly bad in the spring and late summer - to the point of misery. Sniffling, sneezing, puffy eyes, all of it - especially in the morning. He started on OPC-3 (3 caps/day) about 13 months ago and noticed an immediate improvement. Soon after, we also started him on the Vitamin C (one cap), and that's when his allergies disappeared completely.

The OPC-3 alone helps tremendously, but adding the Vitamin C really does the job. I'm writing this now because he was without his Vitamin C for a couple of days last weekend and he started that sniffling again. Sometimes even those of us who love Market America the most forget to appreciate how much the products improve our lives until we're without them! Hope this can help someone!

Stacey Flynn  
Greensboro, PA

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## **ALLERGIES (2)**

My personal experience!

I am a 35 yr old Female. I too had such chronic sinus problems I was on everything the Dr.s and I could think of to get rid of the pain and pressure. I looked into allergies -- cat scans-- sinus surgery. None of those options were the source of my problem. As a last resort I tried OPC-3. (I of course knew it wouldn't help), but due to a good friend telling me about it I thank God every day I was open minded enough to try it. I started the OPC-3 while still on all of my medicine, but now 3 months later still no more headaches and no more pills, nasal sprays, pain pills, or the excedrin I lived on. Thank GOD for giving me the OPC3.

**Cheryl Anderson**  
Youngstown, Ohio

## **ALLERGIES (3)**

I have year-round allergies. I've never been medically tested to see exactly what I am allergic to. I know for sure that I don't take very kindly to dust, mold or mildew, and whatever common pollens or organic matter that are flying around. I used to take Claritin every day of the year.

I've been on OPC-3 for over 6 months, and it has been just wonderful! I can tell when I wake up in the morning whether it'll be a good or bad day for my allergies. I take one cap each of OPC-3, Multi-tech, and Antioxidant every day, but on bad days I either take a double or triple dose of OPC-3. I know it works for ME, because sometimes I take only one OPC-3 in the morning, and if I'm still sniffling before I eat breakfast, I'll take a second (or third) cap, and

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within a half-hour I feel fine. It works for me. It's great taking a superior product for overall great health and have the nice benefit of allergy control! And no more prescriptions full of chemicals to waste my money on!!!! Maybe consider a double or triple dose of OPC-3.

Rick Mals  
Strabane, PA

### **ALLERGIES (4)**

Both my wife & 10 year old daughter suffer serious allergy problems, or I should say did suffer from. Literally every 6 weeks my daughter would get an infection in her throat followed by a serious fever(102-104) this would last for a week accompanied by a regimen of anti-biotics. She had suffered from this most of her life & my wife took Clariton every day for many years for her allergies. For the last 10 months they have each taken 1 capful of OPC-3 a day with a half cap of the Vitamin C. My daughter has not been sick 1 time in the last 10 months ( we were a few weeks from having her tonsils removed when we noticed the improvement & cancelled the surgery). & my wife has maybe taken 4 - 1/2 doses of Clariton in the last 10 months. I am starting to make some \$\$ with my Unfranchise but even if I did not make a dime I would never stop because of what these products have done for my family.

Tom Sweeney  
Chester County, PA.

### **ALLERGIES (5)**

I can tell you my own personal story. I have been allergic to "everything" since I was born - certain foods (seafood, too much citrus, chocolate, etc.) would cause me to stop breathing - I was in intensive care many times over the years, and finally started taking allergy shots for years to help make my life bearable.

I finally started an organic farm and grow my own food to help with my allergies to chemicals and pesticides. That helped...the final part of the equation was the Isotonix line - I used OPC3 - 2-3 caps each day for 3-4 months and slowly my allergies have been controlled. I can now function like a normal human without the constant companions (kleenex, OTC allergy medication, prescriptions, inhalers, and a medical alert bracelet) that were a daily part of my life for 40 years! I love the Isotonix line - and would not be without my daily "tonic". I don't use any medications, have no problems with seasonal allergies, and can eat most food (I still avoid seafood - does a bad number on my breathing). But overall, I'm 98% better! I tell everyone I know about the OPC3 - organic food - and Market America! Cindy Hubbard UFO

Enumclaw, Wa.  
Elk Meadows Organic Farm

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## ARTHRITIS AND LIVER PROBLEMS

Dear Market America

For over 15 years, due to the nature of my work, I have been exposed to chemicals, fertilizers, pesticides, insecticides, etc. While in a Halifax hospital for surgery, it was discovered that I had an abnormally high enzyme count in my liver. As I do not consume alcohol, this condition could possibly be due to long-term exposure to pollutants in the workplace.

I was required to have my enzyme count checked every three months -- it remained abnormally high, but nothing was done to correct the problem, which persisted for two years.

On August 25, 1995, I started taking OPC-3. In mid-October when I had my scheduled blood tests, the enzyme count in my liver had lowered considerably. Tests in April of 1996 showed that the enzyme count was now **normal**, and has **remained normal** since that time. My working conditions haven't changed appreciably, so I attribute this improvement in my health to OPC-3.

In addition to this health benefit, I had also suffered from arthritic symptoms for a number of years, and had taken various anti-inflammatories, which were ineffective or upset my digestive system. Since taking OPC-3, I have been pain free. At one point I stopped taking this product and within a few days my arthritic symptoms returned. As soon as I started taking OPC-3 again, those symptoms were gone. Needless to say, I continue to take OPC-3 faithfully, and will probably continue to do so forever.

Craig R.

Oxford Junction  
Nova Scotia

## ARTHRITIS - DEGENERATE

Yes I was diagnosis with Degenerate Arthritis in my neck about two 1/2 years ago. Before that I fought a stiff neck that was very painful for about 5 years. I would wake up in the morning and would not be able to turn my head. The pain from my neck has also spread down both of my arms. My hands would go numb at night. I have serve pain in both shoulders where I cannot sleep on my side. I also experience pain in my right elbow and right wrist (I was tested for carpal tunnel and that was negative). I went to a therapist and did over head traction, I saw several different doctors. If finally took a neurologist to diagnosis my neck, he prescibe medicine with a unlimited amount of refills. During these 5 - 6 years I was taking all different kinds of pain medicine. Methocarbamol, Cephalexin 500mg, Naproxen 500mg, Lodine XL 400mg. Also, taking Advil any where from 6 - 8 sometimes 10 a day. Your body builds a tolerance to medicine. Then it just doesn't work. I am currently 40 years old.

Two years ago my best friend of more than 20 years introduced me to OPC3. It took more than 3 months before I felt any difference. I have been on OPC3 for two years now taking any

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where from 2,4, 6 doses a day depending on my pain. I do not take any of the other prescribe medicine. The prescribe medicine and the Advil has also giving me stomach troubles which I am healing with the Aloe now. When my doctor diagnosis me with degenerate arthritis he also told me that I had to live with this condition and that one day I would need surgery. He told me to wait as long as possible for the surgery, sometime in my 60's. I just couldn't seeing living 20 years in this kind of pain. I was also depressed and 30 lbs over weight. I have lost 20 lbs with the Thermo Chrome and I am more energetic. I still have some pain but it is nothing like before. I also take Vit. C, B-12, Calcium, and mineral blast.

I know I will never be completely pain free but I do feel a lot better. I am also a distributor for Market America and have been able to help several other people with various conditions.

Danielle Weaver  
ATG 11599

## **ARTHRITIS AND MORE ENERGY AND STAMINA**

Dear Market America

My daughter is a distributor for Market America products. She convinced me to try both the OPC-3 and Ultimate Aloe, and I'm glad she did.

I had been experiencing arthritic symptoms, as well as a painful bone spur on my heel. OPC-3 relieved my arthritis very quickly, and after 3-4 months, I realized that my heel was no longer painful. In addition, I generally feel better.

I have great faith in the Aloe as well. I belong to a large singing group and find I have more energy and stamina than many of the younger members, even after standing on risers all day at an intensive workshop.

All fall and winter many members were absent from rehearsals due to colds and the flu, while I have not missed a practice due to my health.

My 10-year-old granddaughter found it very helpful for sore throats, etc.

I would gladly recommend either of these products to anyone wanting to improve their general state of health.

*Kay D.*  
Oxford, N.S.

## **ARTHRITIS: RHEUMATOID**

Dear Market America,

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I'm writing to tell you how important OPC-3 is to my health. I was introduced to OPC-3 two years ago by a co-worker, a Market America distributor. At the time, I was suffering from severe arthritic pain as well as pain caused from degenerated discs.

In 1986, a nerve block on the lower back gave me some relief from pain caused by the degenerated discs. As the effects of the nerve block gradually wore off, the pain became more severe. In addition, I was diagnosed with rheumatoid arthritis. For 10 years I tried dozens of anti-inflammatory drugs, which were either ineffective or caused me to suffer from their unpleasant side effects. The more I learned about these drugs and what they could do to your body, the more reluctant I was to take them. I finally reached the point where I refused to take them at all, preferring to live with the pain rather than the side effects. Tylenol 3 was the only medication that I continued to take. From previous experience, I knew how addictive it could be and how it's effectiveness lessened the more you took and the longer you took it, so I restricted myself to just two Tylenol 3 after supper to give me a couple of hours of relief.

I started taking a double dose of OPC-3 in the morning. Within a week I was amazed that my pain had lessened. After three weeks I was "Tylenol 3 Free", and feeling better than I had in ten years. Being somewhat skeptical, I stopped taking the OPC-3, and after only a few days my pain returned. Naturally, I started taking it again. As the weeks went by, I noticed I was thinking clearer, anxiety attacks had disappeared, and I had greater mobility.

I've been taking OPC-3 for two years, and for all intents and purposes I am pain free, and for me, that's remarkable! Because OPC-3 was so effective for me, I became a Market America distributor.

OPC-3 has given my mother greater mobility and pain relief from her fibromyalgia; customers suffering from arthritis are getting relief; others find they have more energy; people working night shift now find it easier to adjust.

My customers thank me for introducing them to OPC-3. I thank Market America for bringing this product to market.

Charles Weeks  
Oxford, N. S.

### **In response to Henrietta...**

My sister just emailed me and is suffering from a flareup of her rheumatoid arthritis. She takes one cap of OPC-3 a day plus some Mannatech product...

I attended a health & wellness seminar (by a Dr.) a few months ago, here are some excerpts from my notes: Rheumatoid Arthritis is an auto-immune destructive disorder. the immune system attacks the neurological system & joints.

Our Ultimate Aloe is wonderful for Rheumatoid Arthritis, because it is a auto-immune system balancer. start out with 1 capful each day then increase after about a week to 1capful 2x a day. Also Calcium Plus- for Calcuim & Magnesium, OPC-3, B-12 especially for the folic acid,

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& oxygen Plus. this person could also be helped by supplementing with zinc & B6. Also drink plenty of water!!!

The Dr. suggested that ALOE be included for everyone! He said Our aloe is one of the best on the market and is probably the most undersold product.

I started my husband on Aloe a few weeks ago. He noticed an immediate difference in his digestive system. No more heartburn ( formerly a constant problem) and no more bouts of Gassiness. A blessing to the whole family! Loving that Aloe-- Ginnie E Corvallis OR

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## ASTHMA

About 8 or 9 years ago I contracted environmental/chemical asthma (sick building syndrome does exist and it's cheaper for corporations to pay off victims than to fix the problem). I was diagnosed with a 45% permanent disability in each lung.

Until this happened I was pretty healthy. I sang for almost 20 years with a well-respected choral group and was a volunteer cuddler in the neonatal intensive care unit at the University of Connecticut Health Center. I only bring these up because I had to give them both up. In both cases, the air quality in the buildings was poorer than my lungs could handle. Yes, my lungs were in worse shape than preemies on oxygen. I took theodur twice a day - a lovely drug. My blood levels had to be tested fairly regularly because there's such a thin line between toxic and therapeutic dosages.

I owned four different inhalers. One went everywhere with me, because breathing isn't **Optional**. One was to be used regularly as a preventative and the other two were pretty much for recovery when (not if) I had an attack. One of these lovely inhalers worked beautifully (usually), but gave me thrush in my throat. Horses and AIDS patients also get thrush. When all else failed, I had to take a 10 day course of prednisone, an oral cortisone.

When I knew I would be taking the prednisone, I would offer a blanket apology in advance to anyone within firing range. That was just for the emotional effects, you don't want to know about the physical ones. My attacks could and were set off by: paint, perfume, smoke, scented candles and incense, cleaning products, excessive garlic and any other strong, or sometimes faint, odor. The easy ones lasted about a day or two, the bad ones took weeks, four inhalers and the prednisone. If I walked into a room that had been painted within the past month, I had to leave in less than 15 minutes or suffer a "bad" attack. My attacks are characterized by a deep, barking cough - mating season at Seaworld.

On the up side, all the coughing caused nodules on my vocal chords and now I sound like Brenda Vaccaro, Lauren Bacall or Wallace Beery, depending on the day. I couldn't go back to singing now, no matter what.

Bottom line - I started taking the OPC-3 a year ago. I've thrown out the inhalers, haven't taken any theodur for 11 months and 6 months ago spent 5 hours watching television in a room that was between coats in the process of being painted, with just the teensiest tightness in my chest that was gone by morning.

Take away my OPC-3 and your death will be soon, slow and painful.

Donna Philipp, Vernon, CT

I have been taking OPC-3 for several months and found my overall health improving greatly! However, in July, my asthma seemed to find a life of its own (I am surrounded by farmland, where crop dusting, burning, pesticide and herbicide use are commonplace). I was on Proventil, Intal and Azmacort inhalers, a dose of Singulair at night, and used both Vancenase

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and Nasalcrom. I still suffered with poor breathing capability, chest tightness (sometimes I would even say chest PAIN). Within 18 hours of drinking Ultimate Aloe (about 4 ounces spread throughout the day), I have been able to give up all six of these medications. Even though I, too, would kill if someone took my OPC-3 away, I would now also do the same for my Ultimate Aloe! Those of you with allergies should try it if you aren't using it regularly now. I hope this helps another as it has me!

Theresa Hurt  
Boise, Idaho

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OPC-3 and my fourteen year old daughter who had asthma and severe allergies since the age of 3 are the reasons I became a Market America distributor!!!!

My mom in Conn. sent this strange bottle of "stuff" to her granddaughter living in MD., because she had heard many testimonies about positive results concerning asthma and OPC-3. The bottle sat on our counter for about 2 weeks, and my daughter didn't seem the least bit interested in drinking this thing that grandma sent.

I felt a little guilty that my mom had paid for this so I started to take the OPC-3. After one week the migraines that I suffered from since the age of sixteen were gone (I WASN'T READY TO ADMIT, IT WAS THE OPC) After two weeks and no migraines, I was ready to find out what was going on here. After three weeks I wanted to know about Market America.....Now after I had attended meetings, and heard powerful testimonies myself regarding asthma and OPC, I made my daughter take this

This little girl had missed twenty-seven days of school last year, she always ended up with serious sinus infections (every year,) and has been rushed to the hospital by the school nurse in the past. She is a competitive gymnast, and this year during her state competition she was able to compete to her full potential, because she wasn't suffering from symptoms from allergies and wasn't having asthma attacks...

She won the Maryland state vault title in her age group as a level eight gymnast and placed third all around! She is doing great, even during one of the worst pollen seasons on record, she doesn't even have red itchy eyes and **NO** asthma attacks.

**Does our family believe in OPC.....without hesitation YES!!!!!!!!!!**

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## **ATTENTION DEFICIT DISORDER**

### **QUESTION**

John Farley [Market America "Unfranchise" Owner] Wrote:

I have a customer with a son that has ADD and wants to take OPC-3. I need to know if anyone has any customers like this or advise OPC ... He is 13 years old weighs 75 pounds and is currently on Ritalin and has side effects like can't sleep, won't eat. ...

### **ANSWER**

John, this is my exact scenario that made me a MA distributor. My son was diagnosed with ADD in 6th grade. He was put on ritalin and had been on for almost a year. He too, started having the ritalin side effects after about 8 mos on medications, including mood swings when the medications wore off. A friend told me about OPC-3. I started him on them but didn't notice a difference until about 2 1/2 to 3 months in. then I dropped his morning dose of ritalin no one at school noticed a difference without his medications. We noticed a difference in mood. when school ended last year, I stopped all medications, & replaced them with: 2 caps of OPC-3 & 1 cap B-12

After a recent seminar by a Dr., I've added 1 cap of Calcium daily (mainly for the magnesium) and Vitamin C too. He is now 13 and is completely off Ritalin. He still complains about drinking his Isotonix, but he does it out of force of habit. I make sure of it! Kids will fight anything new. Don't let you customer give up because her son doesn't like the taste. I did start out mixing his Isotonix with 1/2 water & 1/2 apple juice.

Some concerns to share with your customer: Schools almost make it fun to be on medications at schools- my son got to leave class early to go to the office to get his ritalin before lunch. Some kids, including my son, thought that was "cool". I did not want my son entering high school on any medication. It just opens the door to the ease of taking other "drugs"- I know that sounds a bit crazy, but ADD & ADHD kids are much more impulsive/compulsive and therefore more susceptible to addictions (a documented fact). There are still concerns about long term effects of ritalin type drugs. I saw side effects within 6-8 months.

Good Luck –Ginnie Esary, Corvallis, OR

Hi Charles and Denice:

On the subject of Attention Deficit Disorder, two of my children have this problem. My adult daughter has always complained about feeling detached and like she has a lot of difficulty staying focused on what people are saying - also remembering things. When she started taking OPC, she was amazed. She says that the cloud lifted from her brain and she felt like she could think clearly for the first time. My son, who is now 14 years old, has always had learning problems, difficulty paying attention, difficulty following directions, lost his temper very easily, and while he isn't a classic hyperactive type, he does have some unusual behavior patterns. When we found out that OPC could help with this, we immediately had him start taking it. Before OPC, he had made little progress in his school work for the entire year before,

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and we weren't sure what to do with him. In the year after he started taking OPC, he advanced five grade levels in his reading skills, and two grade levels in math. He says that OPC helps him think, and concentration is much easier. He also calmed down some and is in much better control of the rages that he used to have. Another nice little side benefit; he used to get every virus that came along - it seemed that he was always sick. As soon as he started on OPC, he was the healthiest one in the house, and with six children, that's saying a lot.

Gail Weekly  
Roseburg, OR

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## **BACK PAIN**

I am writing to let you know about my experience with the product OPC-3. The results I have received so far from taking this product is fantastic. About eight months ago Anthony Akers told me about this new all natural product which was bringing much relief to many people. He told me about OPC-3 and this new company, Market America. It took him several weeks to convince me that I should try this product for my constant aches and pains. Having suffered for many years from these pains I decided to give it a chance.

After about one week I realized how foolish I had been for not trying it sooner. My life has not been the same since that week in July, 1995. Space and time does not allow for me to give you all the details of each joint and how much pain I was having. But I will tell you that at present I am 90-95% pain free in all joints and muscles and tendons. My joint and limb flexibility is much greater and generally feel stronger and have more energy. Needless to say I am forever grateful to Anthony for insisting that I try OPC-3 and introducing me to Market America.

Anyone who has arthritis, rheumatism, general aches and pains of the muscles and tendons should have a chance to experience OPC-3. That's why I also decided to join Market America as a distributor.

Thank you for the opportunity to be involved in this company.

James L. Akers

## **BACK PAIN - CHRONIC**

I have had chronic back pain for 12 years. A couple of years ago I bought a dozen or so mattress sets to find something I could sleep on. If they were firm enough to support my back, my muscles would ache all night because they weren't soft enough. For about a year I took 3 aspirins every 3 hours to get enough sleep. Last year I started using magnets to alleviate the pain. My back would lock up on me and I would reach for a magnet to put on my back until I could turn over. I started taking OPC-3 in September. The very first night I slept with no pain. I realized immediately that whenever I did hurt I could take OPC-3 and get faster relief than when taking aspirin. After two months at saturation levels, I realized I didn't need to wear a support belt at work for my back. My back almost never bothers me now. I am able to sleep 7 to 9 hours straight through. Previous to taking OPC-3 I had been going to a chiropractor every 2 to 3 weeks. Now I go every 2 to 3 months between visits and am never in extreme pain like I used to be most of the time. My adjustments hold fine and I feel great most of the time.

Pam Hartley, Crescent City, California

## **BACK PAIN - ALOE GOLD AND OPC-3: MODERN MEDICINE**

I've had two back surgeries, the later being in June 1995. This left me with scar tissue. Also a nerve which led to my foot was pinched. I couldn't walk on it. This was all diagnosed through M.R.I.

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Two months ago, after six months of chiropractic treatments (no relief), I started to take Aloe Gold and OPC-3.

After about a week I discovered I had no pain in my back or foot. After ten days I felt great and called the surgeon to cancel my appointment. He wanted to know why. I told him what I was doing and he said to keep on doing what I'm doing.

I now feel great, doing practically everything. I can now mow my lawn and do things I did before my operation.

Thank goodness for Market America.

Elton E. Shelly

## **BACK PAIN: OPC-3 STOPS THE PAIN**

My name is Jeanette Rapp and I am a new Independent Distributor for Market America, Inc. I am a nurse in Springfield, Missouri. I sustained an auto accident in 1987, resulting in multiple fractures. The end result was degenerative arthritis in my right ankle and migraine headaches almost daily.

I had tried strong anti-inflammatories and was wearing a hard plastic brace for my work. If I planned anything after work for fun I had to wear a metal brace on my right ankle.

The pain was so bad that I decided to try OPC-3, introduced to me by a new distributor and a fellow co-worker at the hospital. For the first 2 weeks I took the dose prescribed for my weight, then I began taking it according to the recommended daily dose. After the first bottle was gone I started a second one. One day it hit me, "I was not hurting!" I took off my brace and I still wasn't hurting!

It has been 2 months now and I have cut my anti-inflammatory medicine dosage in half. I wear an ankle support for my right ankle and I don't have any daily pain. My headaches have gone from daily to 1 or 2 monthly.

This is the best supplement that I have been given with the best results since 1987. I have recommended OPC-3 to everyone I know who has chronic pain. Thanks Market America and Rae Ann Barnes for introducing me to this fabulous supplement!

Jeanette Rapp, Springfield, Missouri

## **BACK SURGERY-NECK FUSION**

Dear Melissa,

This letter is to let you know my experience with some of your products. After having two lower back surgeries and one neck fusion. I was taking pain pills, muscle relaxers, and steroids for the nerves that were damaged, plus therapy three times a week.

One of your distributors introduced me to your OPC-3. and ThermoChrome 5000. I started taking these products and in about one month I was feeling much better. As of January 2,

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1996 I am not taking any of the medicine I was on for all of my back surgery. I am only taking OPC-3, ThermoChrome 5000, and multi-vitamins. I feel 100% better. I am still going to therapy three times a week. My wife and son are also taking the OPC-3 and ThermoChrome 5000.

These products have taken my wife and I to become distributors of our own business. We look forward to a long and very profitable partnership with Market America.

Yours truly,  
Mr. & Mrs. Hays

Jon,

This letter does not begin to do this product justice. (OPC) Roma started using it because of an auto accident she was in. She has a plate installed in her back and after the accident she was in extreme pain. Her ortho-doctor told her that the only thing he could do for her was to put her in the hospital and give her steroid injections. For obvious reasons this did not sound like the best option to us. A long time friend of ours convinced her to try OPC-3. They say it will usually take from a month to 3 months to do any good, Roma's back stopped hurting within 3 weeks. After that she convinced, (forced) me to try it for my back. I have a ruptured disk that I already have had surgery on. That hour and a half commute I do every day was causing my back and leg to be in major pain every night. I used OPC-3 for a couple of weeks and my back stopped hurting! Needless to say we have turned into true believers in what it can do for people. Since we started using it we have put both of children on it with some remarkable results. It does so much more than just stop back pain I don't know where to begin. In talking to many other people who are using it our results are not unusual.

Kevin Baker, Keizer, OR 97303

Mandie Emely, Maryland

From what I hear from other people we were a little unusual in that we got relief so fast, they say it will take generally up to three months before you start seeing results. Not unusual for me at all. About 7 years ago, I was in a car accident (hit by a tractor trailer.) They say I was lucky to survive with nothing broken! Well something happened to my back. The doctors couldn't find anything on an MRI or x-ray. But, I had trouble walking and getting out of bed in the morning. I was only 18, in my freshman year of college. The doctors said that being young would be an advantage. My body would heal by itself in a few months, since there was "nothing" physically wrong. I went on anti-inflammatories, and stayed there. I took one or two a day for the next 6.5 years to keep the pain away. My husband used to rub my back and neck while I cried myself to sleep. Then we found MA and OPC-3 in March of this year. I took 4 caps a day as a loading dose (I weigh about 140 lbs.) About 6 days later I realized I hadn't taken an anti-inflammatory pill in about three days. AND I haven't taken one since!!!!!!!!!!!! So,

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was it in my head??? I think not. We did run out of OPC-3 ONCE, and the pain came back. My husband doesn't let us run out anymore...

Everyone responds to things differently. In my family, we have had great success with quick results. However, it is taking a while for my aunt who is in the last stages of Lupus. Prayers? Don't you just love that this company isn't just about making people's financial lives better?

Good luck everyone.

**Note:** I personally know Mandie Emely

Hi Doreen,

I'm Robert, We sat next to each other at a Joel Lanker Seminar over a year ago. I had severe sciatica pain that ran down my lower back and into my legs. It felt like someone was shooting needles down my back into my legs. I was taking 36 ibuprofen a day! I was on all of the Isotonix's as well. It wasn't until I got up the nerve to take the Aloe that had been in my refrigerator for over 3 months. I had tasted it and said never again. At the time my Job had me traveling between Harrisburg and Bethlehem PA. There were times I would stop the car and get out and cry the pain was so bad.

So at my Mother-in-law's insistence, I started the Aloe. I filled a cup with 4 of the Aloe caps and took it for 4 days, by the end of the forth day my pain was gone. I no longer had to take ibuprofen and my back no longer bothered me.

I continued the Aloe in 2 caps for 15 days and now I take one to two caps a week. When I start to feel a twinge of sciatica pain I up my Aloe and it goes away. The taste becomes acquired. How I was able to drink it was in diet coke, now I drink it straight. I am so thankful for this product! It has saved my kidneys and given me a better quality of life!

Robert A. Larrabee  
Bethlehem, PA

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## **BACK & SPINE TESTIMONIALS**

### COMPRESSED DISKS-SWELLING JOINTS

I am writing you to share the success I've had with ThermoChrome 5000 and OPC3. I have had back problems since an auto accident I had in 1989. In 1991, I started seeing a chiropractor and he stated I had 2 discs that were compressed and the problem would only get worse when I get older. As a result of the accident I could no longer play racquet ball.

During the next few years I put on a substantial amount of weight. I was depressed and inactive and did not know what to do. In September of 1995 my father (Alden Ringquist) got involved in Market America. He told me about ThermoChrome 5000 and OPC3. I was skeptical at first and then decided to try the products out. I always had back pain when I got up in the morning, and the first thing I noticed was I no longer had the pain. I felt 100% better. I used to go to the chiropractor once a month. The last time I went, the doctor was amazed that the swelling in my joints had completely gone away. I have not been back to his office in a year. I have no pain at all. This was the beginning. I then started to take the ThermoChrome 5000. In the year since I started taking it I lost over 60 pounds and still losing. I became a distributor for Market America and since have made coordinator. People look at me and ask how I did it.

I have since turned a lot of people on to the products and they are all losing weight I really have my father to thank for helping me get my life back on track. I also have to thank Richard Gorbaty for helping my dad get me involved in this business. Thanks again and I will see you all at the top.

Nelson E. Ringquist  
Westboro, MA

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## BELLS PALSY

### To Whom it may Concern:

In December of 1991 I developed many serious medical problems. Having just given birth to my daughter in May of 1991, this was supposed to be a very happy time in our lives, however, as sickness was present, this was not possible. After suffering for almost 1 1/2 months, my condition worsened to the point where I was hospitalized with the fear of brain cancer, sarcoidosis or tuberculosis.

During the month in which I was hospitalized, I realized then how important my life was and how important everything really is. Picture not being able to see, wondering if you were going to wake up, convincing yourself that the next MRI was going to kill you. This was very difficult and changed me forever.

I was released from the hospital and was sent home to have my family care for me. My eye was stitched shut, my daughter was trying to crawl and my husband was in the military having to leave periodically, and my son was wondering what happened to his mother, who used to be so active.

I was on Prednisone, for the following four years. I was on Methotrexate, a chemotherapy drug and a series of many other therapies. I was diagnosed with neurological sarcoidosis and suffered from Bell's Palsy.

As you can see, the odds were against me. I was supposed to get better, but I wasn't. The Bell's Palsy was supposed to go away, but it did not. I stayed determined to keep working and remembering the pain and worked very hard to keep my spirits in tact. See if you believe you are falling, you will.

After four years on steroids, I would try to wean myself off these drugs, however, every time I did the sarcoid would settle in my lungs and make breathing difficult. I would constantly cough to the point where I broke my ribs, pulled out my shoulder and could not sleep.

On Christmas 1995, I personally decided that I had had enough. I was already down to the maintenance dose of steroids and a large dose of sulfur drugs. I stopped everything. I felt okay for the first month, except the cough came back. After suffering for one month, my husband, with the help of my sisters Elizabeth Weber and Patti Palumbo finally convinced me to try the OPC-3. After all, what did I have to lose. After only four days, my cough was gone!!! I was able to run on the treadmill and I felt great, but the final test was the trip to the doctors.

In March 1996, I went to see my doctor and she was amazed by the fact that all my symptoms had went away. However, she ran all the important blood tests and in one week following, we got the news. The blood tests came back fine. So now, each morning I wake up, I take OPC-3 instead of all the prescriptions with their unlimited side effects, and I feel GREAT!!! I exercise for the first time in four years, and was able to go sledding with my children this winter.

Each morning, I could barely move and even staying in bed was a chore. Now, I wake up like a normal, healthy person. I am able to take care of my family and go to work helping other

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people get well. So you can imagine how easy it is for me to retail OPC-3. I am a walking billboard for the product.

Thank God for OPC-3. It gave me my life back.

Mary Hodorowitz  
Independent Distributor

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## CANCER OF THE THROAT

My husband had throat cancer 16 years ago and had radical surgery and 25 radiation treatments. At that time he took the pill form of multivitamins and mega doses of vitamins C and E, beta carotene, and selenium. These kept him healthy and kept the cancer from reappearing. It also kept him from swelling after the surgery.

However, after starting on the Isotonix 5 years ago (MultiTech rotated with Mineral Blast, OPC-3 and Isochrome, Antiox, & Vit C) he started noticing some improvements. His hair growth on his beard where the radiation had been directed was restored, as well as his taste buds.

Also, the Isochrome restored the tissue and muscle growth in his neck and shoulders -- during the surgery much of the tissue in this area had been removed.

Before the surgery 16 years ago he had a 15-1/2 inch neck size. After the surgery it went to 14-1/2 to 15 and stayed that way for many years. After taking the Isochrome, he returned to a size 15-12 to 16 inch neck size. We noticed it quite by accident. He was dressing for a wedding -- first time he'd worn a tie in a while. And none of his shirts fit him -- neck too tight. He had to borrow a dress shirt from our son.

10 years of his taking vitamin pills had not done any of this. We know the Isotonix work. My husband retired two years ago at age 58. He plays golf, works out at the gym several days a week, and goes deer hunting and fishing in our boat depending on the season. He enjoys life and is very healthy.

His doctor says he is the only cancer patient he had during that time with throat cancer who is still living. His oncologist uses his case as a testament to prove that vitamins can make a difference. He actually briefed it at a cancer convention in Chicago a few years ago.

Funny, when my husband told both of these doctors about his taking vitamins, they each said, it won't hurt you, but don't get your hopes up. Now they are amazed at his survival and especially his hearty robust condition. You would never know he's 60 years old. He not only has all of his hair, it's not even gray.

Georgene Huggett  
Poquoson, VA

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## **CEREBRIAL PALSY**

Greg,

I know one lady here in Portland with Cerebral Palsy who has made TREMENDOUS improvement in the last 6 months. In place of tremors, she has beautiful handwriting. In stead of halting, slurred speech, she speaks with confidence. Instead of remaining a patient, she has enrolled in Community College to become a journalist, and is now an UnFranchise Owner. She is in an electric wheelchair, but she says, "not forever!" What a beautiful example and inspiration she is to us. She is not in my group, unfortunately, but if you'd like, I can get her phone #, and maybe a 3-way phone conversation with your friend would help inform them on specific products.

In the meantime, get your friends started on OPC-3= 2 capfuls morning, 1 before lunch, and 2 before dinner or bedtime.

Ultimate Aloe = start slowly: 1/2 ounce morning and night, working up a week at a time if no problems, to 2 ounces 3 times a day with meals.

To Your Success,

David Aldridge

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## CHEMOTHERAPY

I would like to tell you how some of your products have been effective for me.

Approximately 8 months ago I started experiencing the following symptoms: numbness, weakness and tingling in my arms and legs; tight "bands" around my ankles; dizziness and a loss of sense of perspective. At time these symptoms were acute. I wasn't able to walk any distance, as I couldn't depend on my legs to support me. I also experienced anxiety attacks.

After having a barrage of blood test and two MRI's, many possible causes were eliminated, such as vitamin B deficiency and multiple sclerosis. The neurologist told me he felt I was probably suffering from either fibromyalgia or chronic pain syndrome.

My sister, who is a Market America distributor, recommended that I try the Isotonic Vitamin B. A single dose improved my condition somewhat, but after increasing to a double dose daily I found that these symptoms were gone. I stopped taking it for a few weeks before having my MRI -- the symptoms came back. After going back on a double dose daily, my symptoms were relieved in a few days.

I was scheduled for a follow-up appointment with the neurologist to confirm his diagnosis, but had to postpone this when I was diagnosed with breast cancer in January. I have since had a modified radical mastectomy and am presently undergoing chemotherapy.

I have added 4 oz. of Ultimate Aloe , plus OPC-3 and the isotonic Multi Vitamin to my daily regimen, in addition to the Vitamin B. With this combination, we thought a single dose of Vitamin B would be adequate, but I soon found the double was necessary for me.

While it is difficult to assess what each of these products has done for me, I know for sure how effective the Isotonic B has been, and continues to be, in alleviating the symptoms described in the first paragraph. I also feel the Ultimate Aloe has been a very important part of my recovery. While the rest of my household have had terrible colds and flu in recent weeks, I have not! I healed and recuperated very quickly from my surgery, and to date have not experienced the severe nausea often associated with chemotherapy, and my white cell count has remained good.

Susan Reid,  
Oxford, N. S.

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## CHILDREN TESTIMONIALS

Allergies and Children:

John,

Both my wife & 10 year old daughter suffer serious allergy problems, or I should say did suffer from. Literally every 6 weeks my daughter would get an infection in her throat followed by a serious fever(102-104) this would last for a week accompanied by a regimen of antibiotics. She had suffered from this most of her life & my wife took clariton every day for many years for her allergies.

For the last 10 months they have each taken 1 capful of OPC-3 a day with a half cap of the Vitamin C. My daughter has not been sick 1 time in the last 10 months ( we were a few weeks from having her tonsils removed when we noticed the improvement & cancelled the surgery). & my wife has maybe taken 4 - 1/2 doses of Clariton in the last 10 months. I am starting to make some \$\$ with my Unfranchise but even if I did not make a dime I would never stop because of what these products have done for my family.

Tom Sweeney  
Chester County, PA.

Hi team: I have a niece who is 5 and has severe asthma. We started her on OPC3 in Dec. and she is doing well. She too was using a home nebulizer with Albuterol and steroid inhalants. Her Mother was apprehensive about giving it to her so she took it to her Dr. and asked first. Of course, the Dr. didn't know much about it but said it "wouldn't hurt her." No kidding!!! I give it to all my kids and 3 of them have severe allergies that lead to sinus infections many times a year. They are sooooo much better and not using Allegra and Claritin anymore. They get a slight cold now and then but no big problems. I now give it to my 15 month old in her sippee cup along with Vit. C. I really swear by it for all my own sinus problems and many aches and pains in my joints. There is nothing like it. I asked my Nurse Practitioner and the allergist office what she thought of it as I told her how it was helping all my kids, and she takes it herself!! She said it's a great product!! I'd rather buy OPC3 from myself than thousand of dollars worth of antibiotics and allergy meds from the pharmaceutical companies!! Plus the cost of the office visit, the time, the hassle, and having sick kids. Get the picture. Try OPC3. It can't hurt you, but it could just change your life!! I have year-round allergies. I've never been medically tested to see exactly what I am allergic to. I know for sure that I don't take very kindly to dust, mold or mildew, and whatever common pollens or organic matter that are flying around. I used to take Claritin every day of the year. I've been on OPC-3 for over 6 months, and it has been just wonderful! I can tell when I wake up in the morning whether it'll be a good or bad day for my allergies. I take one cap each of OPC-3, Multi-tech, and Antioxidant every day, but on bad days I either take a double or triple dose of OPC-3. I know it works for ME, because sometimes I take only one OPC-3 in the morning, and if I'm still sniffing before I eat breakfast, I'll take a second (or third) cap, and within a half-hour I feel fine. It works for me.

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It's great taking a superior product for overall great health and have the nice benefit of allergy control! And no more prescriptions full of chemicals to waste my money on !!!!!

Rick Mals  
Strabane, PA

If this helps though, my personal experience is one dose of OPC-3 each day takes care of my fall allergies. My 9 year old son, who used to develop winter allergies and had secondary bronchial infections all winter long (every 3 weeks it was to the doctor for more antibiotics), is on one dose a day (a double dose for him per weight) and hasn't had the usual allergy symptoms and no secondary infections for the past two winters.

I have a new customer who used it to bring down their blood pressure are pleasantly "surprised" that they don't have any allergies this spring (and pollen counts are high this spring!). Another ex-customer (now wife is a UFO) told his wife that this spring he could smell the dirt of a newly tilled field. Something he hadn't been able to smell due to chronic sinuses for many, many years!

OPC-3 is WONDERFUL for allergies.

Doreen Creighton  
Gap, PA

Hi Judi,

My nephew (with severe Heart problems) started OPC-3 when he was 13 months old (13 lbs.) We started him on 1/2 adult dose, which was still a little better than 5 times (per his weight). He is doing great! He wasn't really expected to see his first birthday, but he will see his third in just a few weeks. To look at him, one would never know he has any medical problems at all.

Another nephew, who suffers both from allergies and asthma was started on OPC-3 at 18 months old, (15 lbs) -- also half a dose. His older brother (9), with the same problems, takes a whole dose. Both are also doing great and have had no more attacks.

For them, the OPC-3 alone was too sour. They weren't really thrilled, made ugly faces and threw their bottles/cups back at us. So . . . We added some Vit C and gave it to them as the first bottle/cup in the morning. Evidently the Vit C added enough sweetness to make it palatable for them. I hope this helps.

Karen Johnson  
ATG #2527

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## **CHOLESTEROL (1)**

My husband's cholesterol was 247 and we had eliminated virtually all red meat, butter, etc. from our diets for over a year with very little change. He started on OPC-3 and of course didn't go back to the doctor for 9 months (the doctor wanted to put him on a prescription to bring down the cholesterol and my husband isn't always the most cooperative patient.) Anyways, when he went back his cholesterol was 160. The doctor was VERY happy and told him that he had never seen anyone bring their cholesterol down like that without meds.

He took a loading dose of OPC-3 for 10 days and also took a generic garlic pill when he remembered to. Oh, and he ate regular foods during at least 1/2 of this 9 month period of time.... burgers, etc.

I have a customer whose cholesterol went down 30 points in 30 days on OPC-3. Haven't heard much about it since then, but he and his wife are steady customers... I'll have to check back with them.

Amy

Dear Jennifer:

I have a distributor that wanted to be a corrections officer at the prison here for a couple of years. Every time they checked his cholesterol, it was too high. I had him saturate on OPC-3 and take Maintain One for a month. What he received from Maintain One lowered his triglycerides and cholesterol.

Pam Hartley

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## **CHOLESTEROL AND DIABETES**

My customers have had good results with OPC and TC500 for lowering cholesterol levels. I have one customer who has had fantastic results with TC for keeping her high blood pressure problems on an even keel. Only thing that seems to help her, short of taking high blood pressure medication, which she prefers not to do.

I have had Type I diabetes for 19 years. My doctors were at a loss because my bloodsugar levels were so difficult to control. They classified me as a "brittle diabetic". Because of the diabetes, I was forced to retire on disability from my job. The last year I worked I was in the hospital every single month for a week each time because of dehydration and problems as a result of my diabetes. It has now been 7 years since I retired. That in itself helped me because of the ability to rest and be free to check my bloodsugar levels. But even then I continued to be unable to hold weight and I would often be dehydrated from episodes of being out of control. The first time I tried the pycnogenol, I really didn't notice a whole lot of difference.

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The second time I tried it again, but this time along with a Vitamin C supplement. After only 4 days of taking both on an empty stomach in the a.m., I noticed a marked improvement. It was difficult to keep my bloodsugar levels up, so I reduced my insulin intake until finally I was able to get it under control again. I have never felt better since I became a diabetic. I was never able to hold onto any weight and I have gone up two sizes. Don't let that scare anyone. The pycnogenol didn't make me gain weight. I was very much underweight from being unhealthy. I didn't change my diet only reduced my insulin. Everyone has noticed that I look better. My doctor, though non-committal, has recommended that I continue with the pycnogenol and the Vitamin C since we have been able to notice such an improvement. Diabetics often experience high cholesterol levels, as I did. The last test I had before pycnogenols was at a level of 280 and since the level came down to 169.

As hard as it is to believe, I am so thrilled to say that these facts are true. I will never be without the pycnogenols and the Vitamin C. It has changed my life.

Ronny Graham  
Sterling Virginia

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## **CROHN'S DISEASE**

**ATTN:** All UFO's with customers with this affliction. Note the **side effects of this drug** that is buried deep within the article.

### **NEW TREATMENT FOR CROHN'S DISEASE APPROVED BY FDA, 10.36 A.M. ET (1436 GMT) AUGUST 24, 1998**

**WASHINGTON** - The Food and Drug Administration today approved a revolutionary treatment for the debilitating bowel disorder Crohn's disease: A biologically engineered antibody that attacks a protein responsible for much of patients' misery.

Centocor Inc.'s infliximab is a part-human, part-mouse antibody, to be sold under the brand name Remicade. About 400,000 Americans have Crohn's disease, a severe gastrointestinal tract inflammation that causes diarrhea, abdominal pain, fever and weight loss. In severe cases, patients develop intestinal blockages and ulcer-like channels called fistulas that burrow through the bowel wall.

It mostly strikes women, usually between ages 20 and 35. There is no cure. Most patients are treated with steroids to reduce the inflammation; some require repeat surgeries to remove damaged parts of the intestine.

Remicade is a monoclonal antibody, a biologically engineered drug that sweeps through the body hunting down and neutralizing tumor necrosis factor, a protein that causes much of the intestinal inflammation. In a study of 108 moderate to severe Crohn's patients, 82 percent who received an injection of Remicade improved, including 48 percent who went into remission. That compares with 16 percent of patients who improved while taking a placebo. In the worst-case patients, Centocor says Remicade is the first medicine documented to heal open fistulas: 68 percent had at least half of their ulcer-like sores close during therapy, vs. 26 percent of patients who received dummy injections.

But the benefits wear off: patients benefited most within the two to four weeks after a single dose, the government said, and the percentage of patients who saw benefits then fell over the next few months.

As part of the drug's approval, Centocor agreed to study whether the drug also works over a longer time period, and whether it is safe for long-term use, the government said. Side effects included hives, shortness of breath or reduction of blood pressure during the drug's infusion. Patients also may suffer nausea, fatigue and infection, the company warned. Centocor says pharmacies should have supplies of Remicade in early October. A price was not immediately announced. Patients may also know the drug as Avakine, the name Centocor first used when testing it.

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Hello Tom:

Crohn's disease is characterized by a chronic and long-lasting ulceration of a section or sections of the digestive tract. The ulceration extends through all layers of the intestinal wall and involves the entire digestive system, from the mouth to the anus, as well as the adjacent lymph nodes. The inflamed parts heal leaving scar tissue that narrows the passageway. This disorder is not contagious. Its cause is still uncertain, although it's known that a history of food allergies increases risk of developing it; conversely, eliminating allergenic foods often relieves the symptoms.

Studies also suggest that free radical damage may be involved, and that a lack of vitamin C and E may play a role. To help with the damage from free radical I would suggest that they try OPC3 and B12 is important for proper digestion and to prevent anemia, and vitamin C to prevent inflammation and improve immunity. Aloe Vera helps to promote wound healing (the zinc in Aloe Vera known for healing), regulates cell growth, and reduces inflammation and pain. I found all the information listed through the manual and a book called "Prescription for Nutritional Healing" by: **James F. Balch, M.D.** and **Phyllis A. Balch, C.N.C.**

This has some very helpful information. Hope this helps out some.

Best Wishes,  
Charles and Denise Hughes

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"I have had Crohn's disease for five years. This disease inflamed my intestines, causing abdominal pain, diarrhea, drastic weight loss and all-around lack of energy. I spent many hours at doctor's offices, having tests run again and again, and taking several medications, all of which had no positive benefits. My friends, family and co-workers were very concerned. Then, through the recommendation of a coworker who is also a distributor, I started using OPC-3. I started to feel better after my first capful, and since then I've gained back much of the weight I had lost, almost all of my symptoms are gone, and I'm able to eat foods again that used to bother me. And I'm no longer running back and forth to the doctor's office or shelling out money left-and-right for prescriptions. All this from one capful of OPC-3 a day! I am thankful that OPC-3 was recommended to me and for the tremendous change in my life it has provided."

J. Riddle

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(2) "I've had Crohn's disease for 23 years. I've gone to many doctors during those years. In order for me to function on a daily basis, I had to take eight tablets of Pepto-Bismol a day. I've missed out on so much in my life; the growing up of my children, traveling, etc. Every year I have colonoscopy done. In November of 1995 I had my scope done and the doctor found ulceration and bleeding in the bowels. In November of 1996, after being on OPC-3 for

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three weeks, my bowels were totally clear. Since then, I no longer take any Pepto-Bismol or medication. OPC-3 is such a breakthrough for me. I feel wonderful."

M. J. Criner  
Jeanette PA

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Tom:

We have a young man who started taking our Aloe & OPC-3. He had been through surgery & was suffering from Crohn's. He works off shore on an oil rig & said that he stayed sick the whole time he was working. After being on our products for the 7 days he was home, he felt like a new person.

My husband takes the TC Booster & the young man mentioned that he was tired all the time, too. My husband told him about the TC Booster & so he tried some of them in a trial pack. He called back 2 days later & asked for a bottle. When he got back after he had been off shore for the next 14 days, he called & asked for another bottle of TC Booster. I asked him if he had already used the whole bottle. He said that all his friends had been using them, too. He said that he was not tired all the time and was not even taking any medication since he had been on our products. Hope that this will encourage your person to try our wonderful products.

Theresa Thigpen, Sugartown, LA

(5)Julie,

I've been told the Ultimate Aloe is great for Crohns. It heals from inside out and good for any digestive tract problems. I mix the aloe in white grape juice so I can tolerate the taste.

Linda, Dublin, Va.

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(6) I started taking Isotonix OPC-3 for many reasons. First of all, I had Crohn's Disease and four major operations resulted from this disease. I have a BCIR (Barnett Continent Ileo Reservoir), which is an internal pouch. Sometimes pouchitis develops and I have to go on expensive prescription drugs to clear up the inflamamtion. After going to my doctor and trying many prescriptions, nothing helped. Then I tried just taking the Isotonix OPC-3, and my pouchitis cleared up in one week, and I feel fantastic.

Market America and OPC-3 have done a lot for my health and family. There is only one you and your health is the most important gift you have.

Wendy M Simonsen

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(7) My name is Midge Maxson and I am 72 years old. I just have to tell you how much OPC-3 is helping me. All of my life I have had to cope with all kinds of physical problems: As a teenager I was robbed of my sight in both eyes for three years, before the sight in one eye was miraculously restored. Since I was 21, I have been waging a never ending war with ulcerated colitis. Then 10 years ago, Chrones Disease and arthritis joined in. Nevertheless, I never lost my determination to keep control and to live a full and useful life. Granted, I lost a few skirmishes now and then but I never lost my zest for life, until last year when I had a heart attack that really threw me for a loop! It left me afraid to drive or even go anywhere by myself. I was a mess!

When my daughter Sandra Crowley became a rep for Market America, she sent me some Thermochrome to try. But it seemed to play havoc with the colitis. I was interested to try the Multivitamins in Isotonic form because with colitis and the lack of a large intestine, I get very little nourishment and pills go through my system nonstop. But taking the Isotonic Multivitamins as prescribed (before eating) produced the same results as the Thermochrome had, so I stopped taking them. Then Sandy sent me the OPC-3, I couldn't help but feel skeptical but I promised to try it. Every day for the past 34 years I have started my day with a double dose of Metamucil. It is better than any drug that I have found to keep my colitis under control. (Believe it or not, Metamucil is just as effective for diarrhea as it is for constipation!). I started taking the OPC-3 every morning after I took the Metamucil and I was amazed because I had no ill effects whatsoever. Instead, within 4-5 days I realized that I was doing things that I had felt too timid to do since the heart attack. The best was to describe it is, OPC-3 gave me back my courage! It seems to be doing a good job for my arthritis as well, for I am having very little discomfort or pain from it these days! OPC-3 has given me back my life! It is a Godsend! I will be forever grateful!

P.S. After finding success with OPC-3, I tried the Isotonic Multivitamin again, but this time I took it after the Metamucil and along with the OPC-3. No more problem.

Midge Maxson

A customer (now distributor) that I have know a long time had been fighting a problem with his colon for eight to ten years. His general health was very poor. He lost weight, couldn't get away from a bathroom at all due to constant diarrhea, appeared pale, and experienced abdominal pain. The doctors had many times tried to get him to allow them to do surgery. They wanted to cut out most of his ulcerated colon and put a colostomy on him. He would not go through. He took the antibiotics, tried whey, took many different herbal remedies, ate special diets and the last thing he tried was colonics. After taking colonics last year for about three months the therapists' that were working with him told his wife they were very concerned that he wasn't getting better. He was still passing bloody mucous in large quantities every time they treated him. I suggested she get him to try the Ultimate Aloe and she agreed. He began taking it and after about a month she began to notice some difference. The therapist confirmed that he wasn't passing as much blood and after about three months everyone who knows the man was asking what he was doing for himself. "You look so much better they would say!" After about 7 months on the Aloe he discontinued taking colonics.

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The therapist states that he appears to be in good shape now. It has been about a year since he started the Aloe and he has started back to work, doesn't have to stay near the bathroom anymore. In fact they just went on a 200 mile trip and only made 4 rest stops. Before the Aloe he had to stop at least 4 times going 45 miles. Quite a difference there. Did I mention that he is 73 years old?

Needless to say he doesn't allow the last bottle of Aloe to be sold for anyone or any reason. You might as well not ask.

Linda Basham  
Madisonville, KY

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Shila

I have Reflux (it is called GIRD\*) and had it bad for years and years the only thing that helped me was Pirolosec that I had to take every day (sometimes twice a day) I got my first relief from the OPC-3 which I have taken 2 capfuls/day ever since I started it and it helped immensely. Then about two months ago I started on the ALOE first one ounce a day and then one morning and evening and my problem has all but disappeared . Once in a great while I still take a priolosec but eventually I believe that requirement will go also. The OPC-3 helped immediately though and I swear by it. The Aloe is good but in combination they are dynamite

James Augustine Team Sunshine  
Orlando, Florida

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## CREST SYNDROME

Hi,

My name is Cindi Johnson. A sales rep from the company I work for hooked me up with Derrick Grantham in Asheboro, NC. Derrick is now a Market America distributor but he use to work for a company we, the company I work for, sold to. Derrick told Bill (our sales rep) about OPC-3 about 6-8 weeks ago. Bill, knowing that I have CREST Syndrome, told me about Derrick & OPC-3.

I have been on the OPC-3, along with the Aloe Extract, for about 4 weeks now. There is improvement, especially with the Esophageal Dysfunction. I was up to 2 pepcid & 6-8 Tums a day. Now, on the weekends & usually Mondays, I can get by with just 1 Pepcid. As the week progresses, I need more because of the stress I'm under at work. But even that is improving. Back in December, right after Christmas, one Doctor I saw, wanted to amputate mu right index finger at the first joint. He didn't even know what was wrong with me. The finger is finally healing.

Yes it's been painful, but I still have my finger & it's improving. My overall condition has improved. I wish I could say that it's just from the OPC-3, but I really don't know. It's only been 4-weeks. It took 40 years to get to this point. There is little known about CREST as far as I can tell. None of the Doctors around here seem to know much about it. I do know that I got tired of being a specimen under the microscope.

A very dear friend of mine is a Doctor & she recommended herbal treatments. That's what I'm doing. I'm sick of pills. Let your customer know that there are other people out there with CREST. It hurts like hell at times, but you can go on & the herbal, natural remedies seem to be a definite benefit. Good Luck.

Cindi Johnson, Conshohocken, PA, [cowboy@net-thing.net](mailto:cowboy@net-thing.net)

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## DEPRESSION

Dear Dennis:

As per our conversation on August 29, 1996 at the Pittsburgh Market America meeting, I am confirming, in writing, my testimonial.

I was suffering from depression due to multiple surgeries and personal stress during the month of March. In June I had a second surgery.

I started taking OPC-3 in May 1996 and increased the dosage in August. Immediately, I felt the depression leave and I can concentrate better and have a better outlook on life.

I recommend OPC-3 highly for anyone suffering depression. Also, as I discussed my situation with Dorothy Little, she also has a client who suffered severe depression and uses one bottle of OPC-3 a week and can now go back to work.

Sincerely,

**(2)**

Joanne Denne

My sister-in-law takes Prozac and has had no trouble with also taking the other items you mentioned. From all research that I've done, Prozac is not a MAO inhibitor, which TC warns against taking with. One added comment. For people looking for emotional stability and mental health I had great experience with OPC-3 and Isochrome. They were the first two products I took-and only those two for some time.

The OPC helped with my back pain (after 6 weeks of taking it). However, the first week I added the Isochrome was quite an event in my life. I felt a difference within 2 to 3 days. I no longer felt stress-related to my job. It no longer mattered how many things I had facing me to do that day. I took one at a time. Situations that before would have caused me angst, I just overlooked and went on. Things just didn't upset me like before. Little meddling things were no longer important. I told one of my close friends "I don't know what's in this "yellow stuff" but it has given me an "I don't give a S\_\_ T attitude." But more than that, it brought me out of a 5-year state of depression after my daughter's suicide. I was finally able to know the world again and wanted to go places and be with people. And getting involved with this business-which I told my sponsor I would not do-gave me something new and positive to focus on.

Different things work for different people, but quite a few of my women customers started on the OPC and Isochrome and have noticed a "calming affect." I know the OPC can give this too, but the Isochrome was the real reinforcement for me and for some others. If someone

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said they were gonna take my Isotonix from me-they could have all of them EXCEPT the OPC-3 and Isochrome. I'd fight for those two above all others.

Georgene Huggett, Poquoson, VA

(3)

### **DEPRESSION**

About 2 months ago, I was on a vacation camping trip and met a Nun. We played tennis together for several days. She and I are approx the same age, and she was interested in how I derived so much energy. I told her about my experience with ThermoChrome 5000, and the weight (50 lbs) I'd lost and the energy I was experiencing. She was very interested in trying this product, so I offered her some free samples (from my personal supply) for the week. She loved it! I ended up selling her 2 full month's supply. I heard from her about 2 weeks ago. She told me the following story:

She has enjoyed her work in NY for several years, but unknown to most people, she has been undergoing therapy for depression for quite a while. She was supposed to be missioned out to Canada but had a medical deferment due to her depression. After she started taking TC 5000, she not only lost several pounds, gained a great deal of energy, but her depression is gone! She feels wonderful...and has continued on the product and has recommended me to many of her friends. Her counselor was so pleased with the results that this Nun experienced, she wants to know more about the product! Also, this Nun's medical deferment has been lifted and she is now leaving for Canada in a month. She believes her prayers have been answered..(and so do !!)

God Bless!  
Sue Ryan

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## DEPRESSIVE ILLNESS

Below is a testimonial that has been submitted to Market America on the OPC-3 Testimonial sheet. I am submitting it through this channel also because it is such an impressive story. It also shows the power of "word of mouth". Genice is now a distributor in Kentucky because her brother in Louisiana came to S.C. to study the geneology of the Grantham family. I gave him a bottle of OPC-3 and a video tape and the rest is history.

Walter told me the "I can't sell, I am a carpenter" words and then proceeded to become a distributor and move over 2,000 BV in his first ninety days. When I remind him that he told me that he couldn't sell, he says "I am still not selling, I am just the delivery boy".

Enough on the business side. Here is Genice's story.

Derrick Grantham  
Asheboro, NC

"My name is Genice Walker. In May, 1998 I was told by my doctor that I had what he called depressive illness. He prescribed one Prozac a day and two Buspar for depression. It took about three weeks to get my high blood pressure under control. They finally put me on a drug called Accupril for my blood pressure. This all worked pretty good for about four months, then I started to get even more depressed. I began to get fever blisters so they put me on a drug for that . I also took B-12 and B Complex every day. It seemed like the more they did the worse I got.

It reached a point where I didn't want to go out of my home, I didn't want to see or talk to anyone. I had to go to work so my husband would come in about an hour before I had to leave and wake me up. I would take a shower and get awake enough to make it through an eight hour shift, come home and the next day it was the some thing all over again. This went on for about six months. During this time I made a trip to see my family in Louisiana. Travelling is one of the things I love to do most. This trip took me two days to get there (about eight hundred miles). I couldn't stay awake. When I got there I would sleep late, get up, go to the nursing home, visit with my Mom and then go back to my brother's house and back to sleep. Mom has mini strokes so this really scared my brother. When I came home it got worse. I would call in sick to work so I could sleep. I was missing one day out of every two weeks so I could sleep and would not have to deal with people. I was getting more depressed by the day.

In January 1999 my btother called me and told me he had found a product he thought might help me, and if I would try it he would send me a bottle. I got my first bottle on Jan. 15 about 2:00 in the afternoon. He told me to take it in the morning on an empty stomach. I didn't really think it would work so it didn't really matter when I took it. I took my second dose of OPC-3 on Sat. Jan 16 and my third on Sun. Jan 17. These dates are very clear in my mind because Jan 17th was my 20<sup>th</sup> wedding anniversary. That was the first day in six months I had stayed awake for more than 10 hours at a time, and I haven't stopped yet. A few months ago I could not make it through an entire day without a nap. I am 51 years old and I feel better and have more energy than I have had in 30 years. I no longer take Prozac, Buspar or

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anything for my blood pressure. I take my OPC-3 every morning. I no longer go through every day all drugged up. I feel good, I look a lot better, I have my family back. Thanks to OPC-3 and my brother (Walter Grantham) I have my life back.

Genice Walker  
Harrodsburg, Ky  
4-26-99

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## DIABETES

Amy K. Huck

106 Bramblewood Lane 717.791.9905

Lewisberry, Pennsylvania 17339-9535 akhuck@ezonline.com

June 5, 1998

The purpose of this letter is to serve as a testimonial for the positive benefits that I have experienced by using ThermoChrome, OPC-3 and the Isotonix products.

I have been living with insulin dependent diabetes mellitus (IDDM) for the past 25 years, diagnosed at age 11. In May of 1996, a friend and fellow diabetic suggested I try OPC-3. I was familiar with the use of antioxidants to prevent the effects of free radical disease, and was hoping this product could help to deter the long-term effects of diabetes. I also purchased products containing chromium, which included IsoChrome and ThermoChrome 5000. Chromium aids in the body's glucose metabolism and insulin synthesis and is widely recommended for diabetics.

Almost immediately after beginning the chromium supplements, my morning insulin dose was lowered from a total of 50 units to 33 units. With the Isotonix MultiTech Formula and Mineral Blast, sticking to my prescribed diet was no longer a chore because I didn't experience ravenous hunger or lack of appetite as a result of nutrient deficiencies. My energy level took off with the help of Vitamin B-12, and I was able to stick to my goal exercise program. As a result, I have been achieving much better blood glucose results.

Before using OPC-3 and the Antioxidant Formula, my attendance record at work revealed that I was sick approximately 2.5 days per month, for a total of 30 days per year. I caught every cold and flu that came into the building. In my last two years at work I only took 5 sick days (by design), and now seem immune to the common ailments afflicting others.

Not only do I feel great, but everyone tells me I've never looked better. My diagnosed diabetes-related conditions, which include retinopathy (eyes), neuropathy (peripheral nerves) and nephropathy (kidneys), all seem to be arrested, or better yet improving!

I can't say enough about the positive benefits I have experienced with ThermoChrome, OPC-3 and the Isotonix product line. It is my wish that every diabetic would not only try them, but also receive the same positive results. Prior to using the products, I was resolving myself to the fact that the ravaging effects of long-term diabetes were diminishing my body and spirit. Now I am truly experiencing the prime of my life.

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## (2) DIABETES

My mother-in-law, Rosie, found out she was diabetic about 20 years ago. She has been insulin-dependent for about 3 years. She had developed many of the symptoms of diabetes, including tingling feet, lack of energy, impaired heart function, and bouts of diarrhea needing hospitalization. She started taking OPC-3 about 3 years ago (as soon as we got it in our business). She first reported feeling more energy, and since then says that her feet no longer tingle. She hasn't been hospitalized for diarrhea since then, either. Diabetics also have problems with their blood vessels becoming fragile - a problem that can complicate heart procedures. Rosie's doctor determined that she had a serious cholesterol deposit problem in her heart, and was weighing the pros and cons of clearing her arteries (we call it roto-rooter) since she was diabetic and her arteries were likely to be fragile. He decided that her risk from heart blockage was serious enough to go ahead with the procedure. She came through with flying colors, and the doctor commented that he was amazed at how strong her blood vessels were for someone who had been diabetic for so long. Then my father-in-law, Lee (who also had heart disease and was thought to be "borderline diabetic" ) but had only been taking OPC for a couple of months, decided that since Rosie had come through her surgery so well, he would have it done, too. Well, Lee didn't survive the surgery. It seems that his blood vessels were so fragile that the procedure caused serious bleeding in his heart arteries. His blood vessels in his lungs were also damaged and bleeding just because of the blood thinners he had been given before the surgery.

His diabetes was much more serious than they knew, and he must have had it for quite a while to do so much damage to his vessels. This may not have happened had he started taking OPC-3 when Rosie did. They thought they couldn't afford it. Rosie started taking Isochrome when we found out that it was very effective for diabetics. Almost immediately her blood sugar started dropping. In fact, it became so low she ended up in the hospital with diabetic shock. Her doctor refused to lower her insulin dosage, even though she told him she was taking a nutritional product that she thought was having results, and she continued to feel ill because of low blood sugar. Finally she decided to lower her insulin herself (she eventually has cut it in half) and is feeling much better. I think she needs a new doctor who will listen to her and work with her.

Gail Weekly, Roseburg, Oregon

Hi!

I am a diabetic and have had alot of experience with MA products and some great success . Diabetics have great need for many supplements – our bodies are depleted of many essential nutrients due to the nature of the disease. OPC 3 is an essential for anyone that lives and breathes. Dosage is important - depending on the physical condition of the person they may need much more than the loading /maintenance dose. I also highly recommend Isochrome - diabetics have great incidence of heart disease and the CoEnzyme Q10 is helpful in preventing heart, artery and circulation problems – in addition it has chromium. I also use TC 10,000 - I have not lost much weight, but it really helps control blood sugar levels and is a great energy booster. Every person's body is different - I started out using TC 5000, but found my blood pressure rising from it. I've had no problem with the TC 10,000 .

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## **ENDOMETRIOSIS**

Hi Dawn- My cousin, a fellow UFO, has had this painful affliction for a few years. Thank God for MA and OPC-3. She has relief from the pain endometriosis causes when taking a daily dose of 2 caps of OPC-3. (She weighs about 140 lbs.) She took a loading dose of 3 caps per day for the first 7 days. Thanks!

Mandie Rae-Lynne Emely, Bel Air, Maryland

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## **ENERGY & STAMINA**

Dear Market America,

As a distributor for Market America products, I chose to specialize in our marvelous health and nutrition store, and I'm so glad I did.

I started taking OPC-3 as a preventative medicine, not because I had specific symptoms I felt it would benefit. I was pleasantly surprised to find that the very dry skin that has caused me problems for many years is now much smoother and moister. The Ultimate Aloe has definitely given my immune system a boost -- I haven't had a cold since I started taking it over a year ago. I also find I have more energy and stamina.

Even more important to me is the fact that I have introduced these two wonderful products, as well as the Isotonic B and Multi Vitamins, to many customers who are now enjoying much better health.

Thanks, Market America, for providing distributors with the opportunity to help improve both the physical and mental well-being of many with these high quality products.

Joyce Crafts, Oxford, N.S.

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## FIBROID TUMORS

I can't give you testimonies on Aloe, but I just heard about a non-surgical technique to get rid of uterine fibroid tumors. Please see the website: <http://www.fibroids.org>

About 10 years ago, my mom had surgery to have her fibroid tumors removed surgically (before this non-surgical technique was known). She ended up going to a specialist in New York City (she lives in Utah) because all the other doctors she talked to wanted her to have a hysterectomy. The surgery was a success, and she's doing well (with her uterus). Please do your research and check into alternatives.

Also, I do believe that natural products (aloe, antioxidants like OPC-3, etc.) reduce the growth of the tumors; she should stay on the aloe and OPC-3 (she \*is\* taking OPC-3, right?).

Best Wishes,  
Callie Loser  
Corvallis, OR

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I'd like to take this opportunity to thank you for introducing me to your product, OPC-3. I'm a 32 year-old woman with a long-standing history of fibroid tumors and have had two surgeries in the past eight years to remove them. This past September I developed a 7c.m. fibroid tumor, which is documented by sonogram. Needless to say I've been very upset with all my unpleasant symptoms resulting from this fibroid, as well as the probability of a third surgery. I work as a Cat Scan Tech in a hospital on Long Island. A co-worker of mine is a Market America sales rep who suggested I try OPC-3. I read all the literature and decided to give it a try. I took a loading dose for one month and began to feel much better immediately. I then went to a maintenance dose. My doctor had me scheduled for a repeat sonogram. After being on OPC for 6 weeks my sonogram now revealed the fibroid tumor shrunk to 4 c.m., half its original size. My tumor is smaller and my symptoms are almost gone.

Thanks to OPC-3 I may never need a further surgery and I feel great! I'm so glad your rep convinced me to have an open mind to this holistic approach.

Thank you Market America for this superior product!

Diane Eder  
New York

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Hi everyone.

I have a personal fibroid testimonial. By now everyone knows just how pregnant I am (38.5 weeks) and how much I believe in the Isotonix products for everyone, especially pregnant women. I believe it was the Isochrome that kept me from getting gestational diabetes, the OPC-3 has allowed me to get to this stage WITHOUT any swelling (my midwife is still amazed.) I even take 4-6 oz. of Aloe juice per day to keep me "regular" (constipation is a BIG problem for pregnant women.) The Aloe helps my immune system stay strong and it provides me with extra amino acids. (Doctors recommend that pregnant women DO NOT TAKE ALOE JUICE because it may cause pre-term uterine contractions, but my midwife said to keep taking it so long as there were no problems.)

Well, I think the OPC-3 is up to its old tricks. At my first sonogram at 7 weeks pregnant (I was having pain and they wanted to rule out an entopic pregnancy) it was determined that I have a uterine fibroid in the top of my uterus. They didn't expect that it would interfere with the growth or delivery of the fetus, though. :- ) They said that I probably had it before I was pregnant, and that it would ABSOLUTELY grow during pregnancy due to increasing volume of hormones in my body. I was asked to have a follow-up sonogram every six weeks to measure growth and determine change in location. At 13 weeks, I went back and they said that it had grown 1 mm in diameter. I decided to increase my dose of OPC-3 from 2-3 per day to 4 per day. At 19 weeks, on New Years Eve, it was determined that it hadn't grown at all since the previous exam.

At 28 weeks, THEY COULDN'T FIND IT :- ) I had been examined by two different technicians AND the radiologist himself. They were all amazed, but I wasn't! They even checked the chart to make sure I was the right patient!

I thank OPC-3.

Mandie Emely, EC  
Abingdon, MD

Hi, I don't know if this will help but I have had cysts in my breasts for years. I started taking OPC in January 1999 and in September when I went in for my mammogram the doctor was amazed that the cysts were gone. I starting taking the OPC for my knees and I was taking a double dose, I still continue to take the double dose. The disappearance of the cysts was an extremely pleasant surprise. I hope this will help.

Pati Madden, Vineland NJ

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## **FIBROMYALGIA**

"I had been diagnosed with Fibromyalgia, accompanied with chronic fatigue syndrome. The doctors prescribed a strong anti-inflammatory drug plus an anti-depressant. For two and a half years I had been able to sleep only on my back. When I started taking OPC's, the pain improved in 3 days, and in 14 days most of it was gone. The pain in my arms had been very severe, like an abscessed tooth. The pain in the groin, ribcage, hip, back, neck, and elbow has also gone for the most part."

"I was diagnosed as having chronic fatigue with secondary Fibromyalgia. It is a chronic condition that causes fatigue and widespread pain throughout the body. Some call chronic fatigue and Fibromyalgia the "irritable, everything syndrome"! I started on OPC's as another thing to try after many different prescriptions. I had absolutely no faith in it, but figured it wouldn't hurt me. In 3 days, I noticed that I was really having some good days, which I decided was due to my ups and downs. After about 3 and a half months, I consider myself back to normal. My activities are many and my schedule is booked full. No fatigue or pain hinders my life."

### **(2) FIBROMYALGIA**

November 4, 1996

Dear Dennis Franks:

I can not begin to express my gratitude to Market America for how much OPC3 and B-12 have changed my life. April 30, 1993 I was involved in a serious car accident. It was a miracle that I was not killed. I was very lucky all that I developed was whiplash and severe bruising. Unfortunately six months later I developed Fibromyalgia. Fibromyalgia can affect most, if not all, of our voluntary muscle tissues. There is also a myriad of other symptoms.

These symptoms include irritable bowel and bladder syndromes, confusion, profound fatigue, interrupted or poor sleep, word mix-ups, numbness and tingling all over, spasms of the blood vessels in the extremities, intolerance to any changes in barometric pressure, severe headaches and chest pain which can be so severe that it can mimic a heart attack. Patients seem to be most unnerved by the mental confusion, and are relieved to find that they do not have something like Alzheimer's Disease.

Dennis, I felt like you should know how much OPC 3 has helped me, if you were to see me I look the picture of health. There is no cure for Fibromyalgia. I was recommend by my doctors to take antidepressant or antiinflammatory to help me cope with the pain. I was also told that I would have Fibromyalgia all my life and to try and deal with it the best I can. I never did take the medicines recommended to me but what I did do was take OPC3 and B-12 every day!! It has been three months now and I am pain free.

I feel like a new person. With the combination of B-12 and OPC3 I now dream at night, have a smile on my face and have begun to enjoy life again. Thanks again Market America for B-12 and OPC-3.

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Janice Oke

### **Fibromyalgia and Chronic Fatigue Syndrome**

"I had been diagnosed with Fibromyalgia, accompanied with chronic fatigue syndrome. The doctors prescribed a strong anti-inflammatory drug plus an anti-depressant. For two and a half years I had been able to sleep only on my back.

When I started taking OPC's, the pain improved in 3 days, and in 14 days most of it was gone. The pain in my arms had been very severe, like an abscessed tooth. The pain in the groin, ribcage, hip, back, neck, and elbow has also gone for the most part."

"I was diagnosed as having chronic fatigue with secondary Fibromyalgia. It is a chronic condition that causes fatigue and widespread pain throughout the body. Some call chronic fatigue and Fibromyalgia the "irritable, everything syndrome"! I started on OPC's as another thing to try after many different prescriptions. I had absolutely no faith in it, but figured it wouldn't hurt me. In 3 days I noticed that I was really having some good days, which I decided was due to my ups and downs.

After about 3 and a half months, I consider myself back to normal. My activities are many and my schedule is booked full. No fatigue or pain hinders my life."

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### **FIBROMIALGIA, CARPAL TUNNEL, TENDONITIS, ARTHRITIS,**

I would like to extend a heartfelt thanks to you for your Isotonix products. It has given me back my life.

I am twenty-six years old and have been diagnosed with combined conditions of chronic tendonitis, arthritis, and Fibromyalgia, a non-degenerative muscle disease. Modern medicine failed me. I was unable to treat any of the conditions in a conventional manner because of the adverse reaction it would have on one of the other conditions. It was recommended that I give up working and accept a life of constant pain.

I am a production worker and due to that type of work, I have developed carpal tunnel syndrome and other repetitive motion injuries. My hands deteriorated to the point of being unable to hold a coffee cup by the handle. One of the most difficult things for me to do was to purchase a soda from a vending machine. My writing had become illegible and I had to start printing again. I was unable to pick up change from a flat surface. This is just a small list of the changes which affected the quality of my life. I remember at one point when my husband shut the bedroom door before leaving for work and it took me a half hour to get it open.

My mornings started by soaking my hands in hot water to remove some of the stiffness so I could hold a cup of coffee with two hands. After using OPC-3 and the antioxidants formula for a week, I can do all the things I have mentioned and then some. These products have given me the most relief I have experienced to date.

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I stopped taking all of the prescription medication two months ago due to constant nausea that was a side effect of the drugs, so I am positive the results I am experiencing are solely from the Isotonix products. I have an increase in flexibility, mobility, a decrease in swelling, and best of all, a drastic reduction in pain which has remained at a tolerable level without any medication. Please try it!! I have so much hope for the future. I feel great. It is incredible.

Diana Benninger

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## **FIBROMYALGIA & ARTHRITIS**

My name is Maria Gonzalez, I am now a new Independent Distributor for Market America, Inc. I'm writing to share with you the great success I've personally had in using Thermo Chrome 5,000, OPC-3 and B12. I sustained an auto accident in the summer of 1994, resulting from multiple trauma. The end result was a diagnosis of Fibromyalgia which is a degenerative muscle disease--a form of arthritis. My entire left hand side of my body was injured to the point where I was suffering numbness and tingling from head to toe. I experience flu-like symptoms and felt fatigued daily. Since the injury, I've been on various forms of pain killers, arthritic and anti-inflammatory medication. Prior to this accident, I was very healthy, so, I decided to wean myself of all the medication to see whether I was healed. To my surprise, I still was experiencing some complications walking, sleeping and had the symptoms off and on, especially on real cold and rainy days! I kept treating myself with the anti-inflammatory pills that I was given only when necessary. During March, 1996, I suffered a relapse again and could not shake it. Back at my doctor's office I found myself, only this time I took the ingredient sheet of ThermoChrome 5,000 to her office with me. I asked her to check the ingredients for me and make sure it would be safe for me to take. Her response was "This product will cost you about \$90.00, but it's natural herbs and safe for you to take." I decided to listen to my sister (Belinda Gonzalez and Pat Odom) for recommending the above-mentioned products to me. Instead of filling my new prescription given by my physician, I instead decided to drop the prescription off at my pharmacy and asked them to put it on hold. After serious thought, I decided to take control myself and go the natural way instead. I started taking ThermoChrome 5,000, OPC-3 and B12 to help me with these symptoms. To my surprise all symptoms were gone in a few days and a month later are now history and it's also helping me with my Endometriosis and Asthma as well!!! Finally, I see the light at the end of the tunnel physically, and financially. I'm now feeling normal again and working hard at aiming to get where I belong...at the top!!

Thanks Market America for your great products, keep up the good work...See you at the top!!!

Maria Gonzalez, Everett, Massachusetts

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## **FIBROMYALGIA, LUPUS, CHRONIC FATIGUE AND ANGINA OF THE HEART**

I have always been a very active person all of my life - on the go all the time. I loved to do things for others. My life was very full. I attended Christian meetings three times a week as well as other Christian activities. I loved to go shopping and believe it or not, cleaning my home was very enjoyable to me.

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In 1986, I was out one day visiting persons in their homes and I started to go upstairs. I had to stop in the middle of the stairway and couldn't go any further. I had to sit before I could go back down. My legs felt like Jell-O and I was completely out of breath. My heart was pounding so bad I didn't know what was going on with me, so we had to go home. From that time on I couldn't go up stairs, hills, even driveways. I got very discouraged because I couldn't do anything anymore, I spent all my time in bed. My bed became my favorite place to be. My energy level was completely drained out of me. I would get up to get some breakfast just to go back to bed without eating. My husband would go to work in the morning and when he returned home at night he found me in the same place - in bed. I started to have major problems with my breathing - so bad that sometimes I would say, "That's it. I won't make it." There wasn't any place on my body that my husband could touch me without hurting, even hugs hurt. I didn't sleep day or night. I couldn't stay in one position very long. I couldn't stand very long either because of the pain in my feet and all over my body. I became very depressed. At night my husband would say, "Good night," I would say, "Goodbye." It got to the point where I couldn't think anymore - I would start a sentence and someone else would finish it for me.

We decided to go to Mexico for chelation. It helped for a while but soon it didn't anymore. I don't have to tell you how discouraged I was as my condition got worse and worse. I went to so many doctors and spent so much money, all for them to say different things, some even said I should go see a head doctor. I knew I was not crazy, just really sick and getting worse all the time. I would get headaches so bad that I would vomit. My dear husband would come home from work so tired and had to fix our meals. If he didn't, no one would eat. Then he would bring my meal to me in bed.

In 1990, one doctor did a test for the Epstein-Barr virus (chronic fatigue) and the test came back positive. It also showed that I had Mononucleosis. Then I went to more doctors because I was having more problems; they made more tests and found out that I now had Fibro-Myalgia. They said there was more too, but could not say what it was. In the meantime I started to have trouble with my heart, tests showed Angina, then bladder tests showed Interstitial Cystitis (Chronic bladder problems). I would say to my husband, "This is no way to live. I wish I could go to sleep and not wake up." I was so useless to everyone around me. I wasn't going anywhere anymore. I saved my energy for Christian meetings but could not go very often. I had to get a wheel chair to go to the zoo or shopping, the rest of the time I always walked with a cane. I never went anywhere without it for five years. I didn't feel like I should be walking with a cane because I was only 54 years old. I wouldn't fix myself up any more - you see, I was one who enjoyed wearing hats and suits, getting dressed up all the time, but when I was so sick I just didn't care anymore. I got to the point where nothing really mattered. I didn't want to be around anyone anymore. We never made plans with people because of my problems. We couldn't keep our appointments. I could be feeling good and one hour later I would be in my bed. I love to eat out but that also became too much sometimes.

Then something else came up, "OH NO! WHAT NOW?" I said. My face started breaking out and getting all red, and so was my chest. Well, another doctor to go see. More tests were done, but they still didn't know anything or what to do for me. Finally in 1995, a test came back positive for Lupus, so now I had been diagnosed with Chronic Fatigue, Fibro-Myalgia, Angina of the heart, and now Lupus. I could tell you a lot more but I know how busy you are, and it would take too long. I didn't know what to do now, although knowing what I had made it easier

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to deal with. I knew I was not dying of cancer or something like that. The doctors put me on the drug Prednisone. I hated that junk because when I got off of it I would go into a deeper depression, crying over nothing all the time. A lot of our friends wouldn't understand because you see, I still looked good on the outside and then they just stopped inviting us over. Some friends though, knew what I was going through.

One day I saw our friends, Wanda and Bud, at a convention when I was in a wheel chair. Then one day Wanda called me from Oregon. She said that they were coming to San Diego and asked if they could come to see us. I said, "Of course, but you have to do for yourself because I can't do anything, so you'll have to make yourself at home." They said that would be just fine with them. When they got here, I was having a good day. A good day for me was getting up at 11:00 A.M. going back to bed at 2 or 3 P.M. until the next morning.. Wanda and Bud wanted me to try something they believed would make me feel better. I told them I had tried everything there was to try, and I was tired of trying everything there is on the market. "But this will help you," Wanda said. I asked her what it was. She said, "OPC-3" and described it. I replied, "I have a full bottle of that stuff in the cabinet and those pills do not work at all. I've been taking them for almost four months now." (I was taking a tablet form of Pycnogenol). So, I looked at my husband and asked him, "What do you think?" You see my husband is the most skeptical person in the whole world, but he said, "Whatever you want to do." "Okay," I said. "I'll try it." So I took three bottles and started the next morning. I took a double dose for two months and in the meantime I had a lot of stressful things happening in my life. After 3-1/2 months I became very discouraged because it wasn't helping me that much. Another 1/2 month went by.

Then one morning I got up and didn't go back to bed all day - I could not believe what was taking place here. So when my husband came home I told him about my day and all he said was, "Oh Yeah?" But the next day and the next and the next were all the same. I was picking up my house and washing the dishes! You see washing dishes a few days before that was overwhelming to me, sometimes I couldn't even take a shower for two or three days.

Well, now I ask to eat out and I'm doing for myself. I have lots of energy now. My digestion is good and I stopped taking my pills for depression. I now feel so calm inside, not anxious anymore. My breathing got much better, and the pain is starting to go away. I can walk and sit without any problems. I can write with my right hand - the arthritis is gone. Also, I can wear my watch on my left wrist - the arthritis is gone there too, and also in my feet. I don't get up all night to go to the bathroom two or three times, so now I sleep better. I'm on the go all the time. I make my bed every day - it had been nine years that my bed was never made during the day, only once a week my bed would get made when the house keeper would come. I get up now at 8:00 in the mornings and stay up all day. Every morning I wake up feeling good, I say thanks and tell my husband "Can you believe this? - I can't!" I can concentrate a lot better now. I also don't get sick to my stomach - I used to be sick to my stomach all day long every day. I don't have the super big headaches like I use to. Oh yes, my skin is even getting better - softer, not feeling like it's going to break off. I get up in the morning singing. My husband says, "You've gone mad." I say, "That's O.K." It has even helped with my back. I have arthritis in my back and deterioration of nine of my discs; my hips were the worst, but now they are not giving me that many problems. I walk now and don't use my wheel chair or my cane.

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Lisette Laffoon, Imperial Beach, CA 91932

## **FIBROMYALGIA - ALSO MIGRAINES**

Six and a half years ago, at the age of 43, I was diagnosed with Fibromyalgia by Dr. Wenner, a muscular specialist. Fibromyalgia is a connective tissue disease.

Dr. Wenner estimated that I had Fibromyalgia for over twenty years, judging by the large amount of involvement of the connective tissue. The pain was all over my body and felt very deep, similar to pain associated with the flu. The pain would sometimes ease up, but it would never go away.

I had tried prescription pain relievers over the years but could not tolerate them. I took Ibuprofen (three at a time) every six hours when I couldn't stand the pain any longer. Sometimes this took the edge off, but it never took the pain away. Pain, depression, chronic fatigue, sleepless nights, hot showers, ice packs, pills, rest, and just wanting to give up was my life. I went on Pamelor, (an antidepressant) in 1990 for depression and to help me rest at night. People with Fibromyalgia wake during R.E.M. sleep, which is the restorative level of sleep.

I began taking OPC-3 in August 1996. By the end of September 1996 I had gradually weaned myself off the Pamelor and have stayed off. I have no problems going to sleep at night or staying asleep. I have more energy. Most of my days are totally pain-free, and I take no pills. The rare times that I do have pain, it is nothing compared to the constant flu-like pain I had before.

I was told to give up the idea of ever working a full-time job again, but I now baby-sit one of my grandchildren full-time. I begin my day at 6:30 a.m. and stop around 9:30 p.m.

My husband and I are now Market America Distributors and we are enjoying it very much. My husband used to get migraine headaches and have trouble sleeping at night, but since he started taking OPC-3, he no longer has these problems.

I could not do all that I do now if I still had the pain and fatigue that I had for years. Now when I'm tired it's because of a busy life and not from pain. I thank God for answered prayers and being able to live to the fullest again.

Shirley Amspacher - Powerline - July 1997

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One year ago I was very ill. I had "undiagnosed" Chronic Fatigue Syndrome and Fibromyalgia. I have since talked with many health professionals and read a lot...and believe that is what I have...(had). I say undiagnosed, because I went to several different doctors with many health issues and was sent on my way and told that nothing was wrong with me. Well, I'm a 52 year old woman and was living the life of a sick, 80 year old. I couldn't get up in the morning, and I couldn't wait to get back to bed when I did force myself up.....Every part of my body ached

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with pain. I lost my way several times while driving in a city I had been familiar with for almost 30 years. I was exhausted from the "inside - out" if anyone can relate to that! I ended up in the hospital emergency room having lost my vision, my hearing, my motor skills, my memory (didn't even know my own daughter when she came in to see me)....I was a mess! They performed several tests on me and when I was sent home from the hospital, I was told I had a migraine attack and they set me up with a Neurologist. He sent me home with "nothing" wrong with me. I went to another Dr with a large list of complaints.....mostly the memory loss, joint pain, and exhaustion. Well, when this new Dr sent me home with nothing wrong, I was at my "ropes end"! My poor husband would watch me cry for hours with such frustration....I couldn't even enjoy my beloved new grandchild, because I was too exhausted and pain ridden to enjoy his company....I just wanted to go to bed....anyway... I'll try to make the rest of this quicker.....(believe me, my testimony is longggg)... Well, thanks to my niece, I was introduced to OPC3. With no other avenues to take, I started taking this product..... Three weeks to the day I started OPC3, I felt that terrible "cloud" lift from my body (after almost 5 years of misery)... Since that moment, it's been down hill. I took 2 doses every day...but then, started doing some reading about nutritional supplements overall. I added one Isotonix product after another, and ended up with my 14 oz drink every morning. I FEEL WONDERFUL! PRAISE GOD AND MARKET AMERICA...When I learned that I wasn't supposed to be taking that much product at once, I cut back....but started to go back into what I call the "syndrome". When I saw Dr. Wilmer at the convention, I told him my story, and he told me to go back to what I was originally doing if it was working for me....so I did! I'm back to my new self again....Every morning, faithfully, I take my 14 oz of these wonder nutrients/antioxidants/minerals. I'm 52 years old and feel 20. I'm jogging, playing tennis, up early a.m., in bed late p.m., my business is booming, I've lost almost 50 lbs on TC 5000. I am literally a "walking Market America" advertisement! I love life and I love Market America!!

God Bless!

Suzanne C. Ryan

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## **GOUT**

Testimonial on gout. My husband was on 2 very potent medications for gout when I joined MA in Feb 1997. He began taking OPC while taking the 2 meds for gout and then decided to go cold turkey when his prescriptions ran out. Guess what? He has not had a return of the gout or the kidney stones that he had on average once a year.

He has had 7 different trips to the local ER for kidney stones until OPC. He is convinced that OPC has made the difference. Good luck.

Darilyn Dolimpio, Carlisle

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## HEPATITIS (1)

MA: Transplants Oxygen plus and Isotonix

Hello UFO's

Back in February of 98 I was blessed with the fortune and misfortune of having a liver transplant. Please don't get me wrong I fell very blessed I was one of the lucky 4000 that receives a transplant before its too late. 10000 people a year die from Hepatitis C. There are over 4,000,000 Americans alone with this disease and that only 5% of these people know they are infected with this killer, nicknamed the Dragon. Hepatitis C takes a very long time before it makes one sick it just doesn't let you know anything is wrong until its too late, the period of time it takes is 20 to 40 years before it reaches chronic stages. And the scary thing there is no cure for this disease, the researchers can't even grow a culture to start to figure out a cure for this disease.

The one thing Hepatitis loves, are free radicals, free radicals weaken the cell and the Hepatitis and cancer finish the cell off. Being the doctors know very little about this virus, not until 1991 was there a reliable blood test to even detect this killer, I was forced to in a sense become my own doctor. Don't get me wrong I was and am very lucky to have a wonderful group of doctors who have allowed me to be aggressive with this killer. The sad thing about this disease is it does not stop when you get a new liver, it loves fresh meat, and ones immune system is at a disadvantage because one has to take anti-rejection drugs which lowers the immune system, which allows the virus and free radicals to have a easy go at the new liver which means I had to figure out a way to try to even up my odds.

What I knew and heard about OPC I figured it would help try to put the free radicals in check. And then I remembered that I read on the bottle of oxygen plus that it had milk thistle in it and that was suppose to be good for the liver, so I said then that would be part of my treatment. I had read where Naomi Judd had done Interferon and Herbs and that she in all intent and purposes was cured or in remission any way so I said to myself I wonder if there were any other herbs I needed to take that Market America did not offer.

Well I fired up the old 800go.com and went searching and ran upon a site written by a Doctor who specialized in Hepatitis C. This looked interesting and started reading the article and the doctor started going into which herb helped this and which herb did that and as I was reading what the doctor was recommending I felt compelled to look at my bottle of Oxygen plus. All the herbs she was recommending, it was in there. Milk Thistle protects your liver which puts up an amazing protective shield against liver-harming substances, and Milk Thistle also regenerates your liver. Ginkgo Biloba interferes with platelet activating factor(PAF) which is the chemical which helps your blood platelets to clump which is a problem with late stage Hepatitis, which lowers the platelet count. Selenium may help protect against certain organ cancer, liver, lung colon, and rectum, and prostate. Bilberry is used for treatment of nausea which is a common problem with Hepatitis.

The only FDA approved treatment for Hepatitis is Interferon. And what I found interesting is that Hepatitis infected people were Glutathione depleted especially in the liver. This depletion

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may be factor underlying the resistance to Interferon. Lets talk about Interferon, to sum it up; it makes you feel like hell. It is like taking a shot of Hong Kong flu three times a week. And it has known to make a few go over the deep end in the emotional department. I am currently taking Interferon and Ribavirin which is a new combination treatment. When I first get up sometimes it takes several tries, but when I get up I feel like a truck just ran over me, I mix up my cocktail of 3 cap full of OPC- 1 cap full of multi- 1 cap of mineral blast. I take 2 capfuls of Oxygen plus in the morning and 2 capfuls before I go to bed. And the beauty of it; in about 15 minutes the ache factor almost reduces itself down to almost nothing, its got to be the OPC. I am a walking testament to Market America I can not even imagine what life would be like these days without these products.

Reading of teampower very little is said of Oxygen plus which makes me think little is known by most; of what a powerful product we have to offer the many who suffer from Hepatitis, and take it from me that if you know anyone who is going through the hell of Interferon you would be offering them a way of tolerating this nasty treatment and change the way their life will be for the 6 months they will haft to endure the treatment; and again the Glutathione in Oxygen Plus may help the success rate of the Interferon which at best is only a 50% success rate of total remission. Thank you for your ear and I hope this may have been helpful to some.

John Shaw, Charlotte NC

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## HIATAL HERNIA

I've noticed several postings recently about hiatal hernias. Due to our personal experience I feel I

should pass on the following observations: My husband (age 52) was diagnosed with esophageal cancer 11 months ago. Until that time the only medical problem he had ever had was a hiatal hernia. (for about 18 years). This type of cancer is very difficult to treat successfully, as it is not usually diagnosed in time. The cause is not known - it occurs mainly in white males 45 - 60. It is preceded by a condition called Barrett's Esophagus, a pre-cancerous condition of the esophagus often, though not always, caused from long-term acid reflux.

Regretably, my husband had a hiatal hernia for many years before we were introduced to M.A. products. He found the OPC and Thermochrome very helpful for acid reflux, but in his case the damage had already been done. Don't shrug off a hiatal hernia as nothing more than an inconvenience. If left untreated it has the potential of developing into something more serious. Whether MA products or physician prescribed medication, treat the problem. (Eating an hour or less before bedtime can cause acid reflux as much as 200 times per night, an activity those with hiatal hernias should definitely avoid).

I might add that the surgeon was amazed at how quickly my husband healed following major surgery in January, in spite of post-op complications (staff infection, etc.) This, I'm sure, was due to OPC, plus 4 oz. per day of aloe prior to surgery. He continues to take OPC, Aloe & Multi-Vit., and is doing quite good. Chances of a successful recovery are very poor with this type of cancer. However, we both continue to think positive - so far, so good. In the meantime, I'm sure he is enjoying a better quality of life because of the wonderful MA health products he's taking.

Joyce Crafts, Oxford, NS

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## **HIGH BLOOD PRESSURE**

I can tell you that my parents have both had lower blood pressure readings since taking OPC-3. They are both on medication for high blood pressure. Even on medication their bottom numbers were reading in the 90's. After 3 months on OPC (which they started on for arthritis pain relief), both had bottom numbers in the 70's. OPC-3 is the only thing they were doing different.

My dad was developing a serious blockage in the Carotid (don't know if I've spelled that correctly) Artery. His doctor scheduled a 3-month appointment because it was becoming serious enough to consider doing surgery on it. This appointment was in March. Again, Daddy had been on OPC-3 for just 3 months and the doctor was amazed that the blockage had begun to reverse! He told him he wouldn't need to see him for a year. (Of course my dad didn't tell him about the OPC!! I asked him, "Why not?") He faithfully comes to buy "The Stuff"!

Pam Yoskovich, Greensboro PA

## **(2) HIGH BLOOD PRESSURE**

I have had great result with Isochrome, 2 caps a day 1 cap antioxidant, 1 Vitamin C, 3 OPC-3, 1 of all the rest. I was on the heart transplant list about 3 years ago I was taken off because of diabetes, and my health was failing daily. Within 6 months on these products, I was only taking 2 pill a day, controlling my diabetes without meds, had lost 4 dress size's, and only 4 pounds, I assure any body ,I WILL TAKE THESE PRODUCTS for the REST of MY LIFE . I am so very grateful for MARKET AMERICA , and the ISOTONIX product s'

Thank all of you all for the great information.

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## **(3) HIGH BLOOD PRESSURE**

My father in-law has high blood pressure. He started to take OPC-3 for his hip, he was born with a birth defect. He was in pain all the time. Now he is in very LITTLE pain. He had a yearly check-up. His doctor took one of his pills away because it was down and is staying down. He called us up and telled us about this. We are so happy for him. He didn't change anything but the OPC-3. He also lost weight with it. Hope this helps.

Brenda Pieper, Beaver Dam WI

## **HIGH BLOOD PRESSURE & HIATAL HERNIA**

Dear Market America

I have been taking OPC-3 for several months now and have noticed several benefits. My hiatal hernia used to cause me quite a bit of discomfort, now it seldom bothers me and I can eat foods again that I had omitted from my diet because they aggravated my hernia. After the

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first week on OPC-3, my hernia actually was more severe than it had ever been for 3 or 4 days, but after that my symptoms were greatly relieved.

I am on my feet on cement and asphalt and do a lot of walking at work. Before OPC-3 my feet and legs used to ache and burn -- this rarely happens now. I also find I have a little more energy, don't tire as easily or quickly when physically active, and generally feel better.

This winter my wife convinced me to start taking Ultimate Aloe. There was an especially severe type of flu and colds in our area this winter. Many of my co-workers were sick for 2 - 3 weeks at a time. I usually get at least one bad cold each winter, usually developing into bronchitis. This year, although I did have a slight chest cold for a few days, it was mild compared to what I usually get, and compared to those at work who ended up with pneumonia, and/or were off work for a week or more. I did not miss one day of work! I'm sure the Ultimate Aloe was the reason for this.

A year ago my blood pressure was high enough that my doctor warned I would have to take medication for it if I didn't get it under control. My cholesterol was 6.9. I started taking Thermo5000C. Six months later my cholesterol was down to 5.1, my blood pressure was normal, and I had lost 25 pounds and more than 2 inches off my waist.

These are great products. I'm glad my wife convinced me to give them a try.

Gary C. Oxford, N. S.

## **HIP REPLACEMENT**

My husband, John, had a hip replaced 3 months ago (1/12/99). His recuperation was remarkable and we both believe it was greatly due to the fact that he has been taking OPC-3, Multitech, Calcium Plus, Vitamin C and Mineral Blast for the past 2+ years. With God's help, "T.L.C.", and strictly following the doctor and physical therapist's orders he had a "speedy" recovery.

How "speedy"?

Week 1: he got around with a walker. Week 2&3: "graduated" to a cane (with walker for night-time trips to the bathroom only). Week 4: not even a cane! In comparison, John's hospital roommate had the same surgery the same day. Same home physical therapist, who was amazed at the speed of John's recovery; she said John was healing much quicker than his hospital roommate, who is younger and in much better physical shape than my husband. Also my husband is diabetic.

We both firmly believe that his Isotonix supplementation not only has kept his diabetes in-check, but helped in his recovery from this major operation. Today he feels great and thrilled to be pain-free for the first time in 3 years!

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Sincerely,

John and Claire Tellier  
catellier@snet.net

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Wendy -

When my friend had her hip replaced, the nutritionist in her doctor's office looked at our Isotonix and said it would be a good idea to take the OPC-3 to help detoxify her liver before the surgery. Apparently that's where the healing comes from. I do know that her recovery time for this surgery compared to the first hip replacement was nothing short of miraculous! The first time she spent 4 days at the hospital and then about 3 weeks in an intermediary care facility, stoned to the gills on painkillers and still crying from the pain. Then for at least a month later, you could still hear the pain in her voice. With the second replacement, I called to leave a message on her answering machine about a week and a half after the surgery (no, I'm not a creep - she hates visitors while she's fresh from surgery) and I thought I had gotten the date of the surgery wrong. She answered the phone and her voice was completely clear! This time she had been on the OPC-3 for about 5 months prior to the procedure - and just single doses because of cost. Works for me!

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Donna Philipp  
Vernon, CT

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Mark & Judi,

OPC-3 has done wonders for me, but -- when I don't take it in conjunction with ThermoChrome, I sometimes continue to have pain from arthritis. I have degenerative arthritis in my left ankle, right shoulder, and between the 4th and 5th vertebrae. The ankle and shoulder are from breaks (jumping out of perfectly good airplanes); my neck from a motorcycle accident.

Before OPC-3 I had difficulty in walking and could not raise my right arm up. I started taking OPC-3 to get rid of hay fever. Slowly, almost without me noticing, other things began to improve. OPC-3 is like WD-40 to my body. It took about a year for my varicose veins to start disappearing. Way before that my walking improved. Now, 2 yr. later, I can even wear heels again, something I had not done in almost 10 years.

About 15 months after I started on OPC-3, my right arm had total movement again. I had given up golfing. Now I can golf again -- my handicap is improving. Everyone is calling me a sandbagger. Ha!

OPC-3 is not a miracle cure but it is miraculous! Today, it will get rid of free radicals that accumulate today. Depending on how much the accumulation is, after it gets rid of today's

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radicals, it goes back to yesterday to get rid of whatever is still there. Slowly, it takes care of your past -- as quickly as it can get there.

All my friends say I look years younger and healthier now. Everyone asks how I did it! Whenever I feel like my body needs additional "oiling", I take an additional 2 capfuls at night before going to bed. What a difference it makes. One of the main reasons I became a distributor was to take advantage of the wholesale price since I gradually added more and more products to my intake. I knew I also could help a lot of my friends that were experiencing the same type of problems that I was having.

No one should be without our products. The advantages of our Isotonics, Aloe, and TC are FANTASTIC. Ask your friend not to give up the ship -- just to be patient and continue to take the OPC-3 and add as many of the others as he can afford. Maybe he'll want to save some money and get them at distributor cost. Maybe after he feels the effects he'll also want them for his friends.

Hope this helps.  
Alma Orive  
Hampton, VA

## **HUNTINGTON ADVICE**

From: "Jim Wilmer" <docbox@nr.infi.net>  
To: "Pam Patterson" <customizedclothes@yahoo.com>  
Subject: Re: Huntington's Disease  
Date: Wed, 11 Aug 1999 13:51:38 -0400

1. As you know, Huntington's chorea is a genetic disease and there is no dietary supplement or drug that can reverse the mutation and the general course of the disease. While I cannot think of any product to suggest, sometimes there is room for experimentation. I don't think that the supplements would hasten the progress of the disease and they might be able to promote some neurological benefit.

2. To the extent that cancers and leukemias can progress or become more aggressive by chromosomal changes possibly involving oxygen radical damage, taking the antioxidant products makes good sense. I would tend to recommend a broad spectrum of these products (ingredients) rather than focusing on one product taken at high doses. Certainly the chemical and sometimes radiation treatments for leukemias can be damaging for the intestine, and normal absorption of nutrients can be reduced. So, the various Market America products could supply needed micronutrients.

Sincerely,

James L. Wilmer, Ph. D.  
Scientific Affairs Department

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Market America, Inc.

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## **KNEE PAIN**

I have been taking ThermoChrome 5000 for just about two months, the 25th will be two months. I have lost forty-two pounds, and I've gone down from a size twenty-four to an eighteen, and I'm not done yet. My son has lost fifteen pounds in the same time frame, and his knee pain did subside some, but not enough. Keith Doyle told me about OPC-3: "Tell Bob to take a double shot twice a day." We did that - after a week, need I say more? It's gone, no more knee pain.

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## LUPUS TESTIMONIAL

By Brenda Epps

The shining moment in my life in our OPC-3 product, I'm sharing with you in hopes that many others will recognize and experience its incredible benefits. In August of 1996 I was brought to my knees physically and emotionally with the pain and degenerative disease of LUPUS.

Because it had invaded my heart and kidneys, the medical profession could offer only round -the- clock pain medication and steroids. Disabled, depressed, dreading the prospect of dialysis.let alone the side effects of more steroids, I was actively searching for alternative ways to address my condition. A friend, a GOOD friend, brought me a bottle of OPC-3. Within 4 days my pain began to diminish and within 10 days I was pain free for the first time in 8 years. After one week I added Thermochrome for energy and weight that I had gained from the steroids.

Four months later I am still pain-free and no longer using steroids or pain medication. My energy level has greatly increased, and the weight is slowly slipping away, and of even greater importance is the fact that the kidney damage is reversing itself. My health has truly been restored. I am now a distributor with MARKET AMERICA.

My market and yours is as wide as there are people who want to restore and preserve their health. Our message to them is the good news that there TRULY is a safe, natural, and effective answer to a vast majority of American health problems.

UPDATE: OCTOBER 1997

After 13 months on OPC-3 I continue without pain. I take no medication, no steroids, no dialysis. Full remission was achieved after 6-7 months. Now, B-12, Multi-tech, Mineral Blast, and Isochrome are part of my daily regime. My annual physical took place in August 1997. My primary care physician requested an additional two EKG's. he could not believe that the LUPUS was NO LONGER in my heart. Although that physician had not whole-heartedly endorsed my nutritional supplements, after the results of the EKG he told me NEVER to stop taking them. We truly have an effective alternative to a great many health problems without the complications that prescription drugs often create.

**LETS GO TELL THE WORLD!**

"In 1989, I was diagnosed with Lupus, an immune disorder which causes much pain and suffering. In 1996 I was introduced to a product called OPC-3 and after three months on this product, back pain, hand swelling, and general arthritic problems seemed to subside. I have now been on this product for ten months, and I have never felt better. I have OPC-3 to thank for this remarkable result.

Dave Rosenholm, West Linn, Or."

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## LUPUS TESTIMONIAL (2)

Cheree Culpepper  
120 Amrita Court  
Charlotte, N.C. 23211

Dear Sue:

Per our recent phone conversation I would like to share with you my experience with Market America's Health and Nutrition product line. Truly these products, and Market America, are blessings in my life for which I am deeply grateful.

I was diagnosed with systemic lupus (SLE) approximately seven years ago after almost two years of misdiagnosis (which is common with this type of illness). I had central nervous system involvement (which was diagnosed as narcolepsy), joint swelling and pain (which was thought to be arthritis), lung involvement (diagnosed as asthma), as well as Raynaud's phenomena (circulatory problems) and hematuria (blood in the urine). In short, my health was a mess and deteriorating rapidly. I was in a lot of pain, extremely fatigued, and ran a fever daily.

My husband is a physician here in Charlotte, and we are acquainted with some of the finest doctors in the area. During the course of my illness I had what I would consider the best medical care available. However, despite their best efforts, a team of doctors could not bring my lupus into remission. I simply did not respond well to the traditional medicines used to manage the symptoms, and as you are probably aware, there is no known cure for this debilitating disease.

When the traditional medical interventions failed, I began doing research on "Physicians On Line" and "Medline". Keep in mind that my husband and I were very "mainstream medicine" oriented; therefore you can imagine my surprise when I ran across articles in medical journals that discussed herbal interventions in reference to symptoms very similar to mine. Note that none of the articles dealt with lupus specifically; however, since this disease is treated symptomatically, and since I was amazed to find anything on herbs in such periodicals as the New England Journal of Medicine, I became intrigued. I began looking for a high caliber herbal product that contained some of the herbs that seemed relevant for my symptoms. I also had read enough to know that it was important that the product be caffeine-free since caffeine can trigger inflammation.

In a way that I believe could only be described as divine intervention, I ran across the original formula of ThermoChrome 5000, now distributed as ThermoChrome Select through Market America. It contained the ingredients I was looking for and had no caffeine. I purchased a bottle, then nervously spent the remainder of the day trying to figure out what I was going to say to my husband that would sound a little credible. After all, telling him that I wanted to take an herbal product marketed for energy and weight loss (and looked like dirt in a capsule) for my lupus, after medical science had taken their best shot and failed, definitely did not sound credible!

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My approach was simple, but effective. I told him that I knew he was going to think this was the dumbest idea he had ever heard, and he was probably right. I told him that I knew he was going to tell me this would not work, and he was probably right. I told him that we had exhausted our traditional medical options, but had to keep fighting. . I couldn't just give up. Then I showed him the medical journals articles I found, and waited for a response. After reading the label with raised eyebrows, then skimming the journal articles with a bit of surprise, he said "Well, honey, there is nothing in here that will hurt you. Don't misunderstand - I don't think it will help you, either, but if you want to try it I will support you."

I started taking one capsule of the ThermoChrome Select with breakfast and one capsule with lunch for three days, but noticed nothing. I increased the dosage to two capsules with breakfast and two with lunch, and though it was not a dramatic change, I did notice after a few days that I had a little more energy. When you are fighting a chronic illness anything that gives you a little more energy is worth its weight in gold. I decided to increase the dosage to three capsules with breakfast and three at lunch. After four days at this dosage my fever broke (I typically ran a fever of about 100.8 every day unless I was on Prednisone). I couldn't believe it!! After just three weeks at this dosage, not only was my fever gone, my joint swelling was markedly reduced, my energy was up, and I felt better than I had in many years. My condition continued to improve, and under the direction of my doctor, I was able to slowly eliminate my medications.

While I must emphasize that Market America makes no health claims on this or other products, and skeptics might say my improvement was simply "coincidence " or "spontaneous remission", my husband and I know ThermoChrome Select dramatically improved my health!!! I have been in remission now for four years, and I feel GREAT! Needless to say these last four years have been a time of re-education for both my husband and myself. We have learned so much about the effects of nutritional interventions, but we also realize that most physicians and other health care professionals have not been exposed to the research that is available (just as we were not).

In addition to my ThermoChrome Select, I take all eight of our Isotonix nutritional products (with double doses of OPC-3 and Vitamin C, and I take 2 oz. of Ultimate Aloe at night. My husband and I celebrate each new day with our "Vitamin Toddy" (yes he takes them too), and a prayer of Thanksgiving for my renewed health, and for Market America. In closing let me say that we have fallen in love with the company, as well as the products it represents. Market America is remarkable, and has a corporate team characterized by integrity and vision. I have every intention of being part of its very bright future as it sets the pace toward the next millennium.

Warmest Regards, Cheree Culpepper

**Note: Ms. Culpepper and husband are now Market America Directors**

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## LUPUS (3)

We'd like to share our testimonial on Lupus.

I overheard a young girl I worked with requesting time off because she had to take her father to Greenville for tests the next day. We were new UFO owners at the time and I reluctantly asked her what was wrong with her father. She said he had Lupus and would be unable to drive himself. She further told me that his Lupus was at a point that he stayed in bed a lot - he's a self-employed log truck driver and if he wakes up in the morning and feels good enough, he'll go in to work. Most mornings he stayed in bed, though. He was spending \$600 to \$800 a month on medication that was doing nothing for him except emptying his checkbook. I told her that I had some information I wanted to share with her and gave her the Quest for Health video and the old OPC pamphlet to take home for the weekend. On Monday morning she came and said they hadn't had time to watch the video but could I get her some of the "stuff" and she would have her dad try it. I refused to give her any product until I knew they had watched the video and looked over the information. That night they watched the video and at lunch the next day I got her a bottle of OPC and gave her specific directions "first thing in the morning on an empty stomach."

Her father took his first loading dose at 10 pm that night and his second dose the next morning. Four days later he called to say that he was starting to feel some results. He still had pain but the swelling was starting to go down. Three weeks later (yep, he took it like we told him to) his daughter said to bring in another bottle. A month after that, another bottle.

After four months we were finally able to meet him face-to-face. He was back to work six days a week. Out in the garage working on his daughters car. He noticed that he doesn't get poison ivy from hauling logs like he used to.

Now, the great news. Prior to Lupus taking hold of him, he used to drive a drag car. He got on OPC in August of 1998. In July of 1999 we went out to his home to drop off a family size bottle of OPC and he said "Come out to my garage, I want to show you something." Out in his garage was his newly built Camaro. The following week he was driving his race car (and he came in 4th!) All he takes is a maintenance dose of OPC and two aspirin's a day.

His daughter is planning her wedding for next summer and she thanks me on a regular basis for "giving me back my daddy." She was afraid he wouldn't be able to walk her down the aisle.

We only wish we could slow him down enough to get him to a second look!

Brian & Janet Craig  
Goldsboro, NC 27533

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## **LYME DISEASE**

I have Lyme's Disease. It left me with extreme joint pain, poor memory recall, an irregular heart beat, very little energy, and various other maladies, including recurring infections. The OPC and Aloe helped most of the problems and the IsoChrome with Coenzyme Q10 regulated my heart beat and gave me more energy. It took several months of taking Isochrome, but now my heart beat is normal.

Georgene Huggett, Poquoson, VA

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## **MIGRANES**

Hey Everybody!

Last May my former real estate agents approached my husband and I with Market America by babbling about some wonderful vitamins they were taking. My first thought was that I was far too busy to hear about this Market America, and who needed vitamins when I had great health benefits through the town and could get any prescription drug for free?

We liked these folks, so I told my husband that they could come on over and give us their spiel, but I was not going to commit to anything... Nancy and Roy babbled on about the plan and then they whipped out the OPC-3. Both my husband and I were suffering from sinus problems that night. Nancy and Roy promised that OPC would be the solution. (Yeah, right.) My husband guzzled down the liquid and when he had finished, I told them that it was truly amazing. I could feel a difference in myself already...

Well, the bottle sat by the kitchen sink for a while and I decided that I would give it a try. Within two weeks, my sinuses had cleared up and then I noticed that my migraines were GONE. I have not had one migraine headache since I have been on OPC! And I knew that this was NOT simply a case of mind over matter because I really did not believe the stuff would do what they claimed it would do. I am surprised that Nancy and Roy were not discouraged by us in the beginning because I was so very skeptical of it ALL. But today I am an executive coordinator, on my way to master in a few short weeks and I am also a certified Motives consultant.

My, my what winding roads we take in our lives... I am having a blast with Market America. I have met many fantastic people and made many new friends. I have lost 20 lbs on the TCSelect and eliminated my migraines with the OPC-3. I am absolutely thrilled with the products and I love to watch other people's faces light up when they give me a raving testimonial! This company is truly super fantastic! Best wishes to everyone!

Cara Christensen, Coventry, CT

## **MIGRANES (2)**

Hi Gary !

My name is John Lehotsky and I suffered from severe migraine headaches on and off for about 15 years. These headaches would occur with little advance warning and would send me to bed, unable to stand light, noise or any contact.

At their peak I would become violently sick to my stomach . Doctors prescribed almost every medication known with no results. I spent 4 days in the hospital with an IV, administering Dihydro-ergotomine. I had a serious reaction to the anti-nausea drug that was used in addition to the DHE and had terrible muscle spasms.

I was privileged to meet Cheree Culpepper before our local seminar and asked her what I might try to stem these awful headaches. Cheree advised two capfuls of Isotonix B-12 with

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my two caps of OPC-3. I received immediate results that were far above my expectations. I did not experience any headaches of any degree for the next several weeks. I ran out of B-12, waiting for my order to be delivered by UPS and immediately got a migraine that day. One of our business partners loaned us a bottle until ours came in and the headache immediately subsided.

I can assure you that the B-12 is the answer to my dilemma and I will not allow myself to run out again. The nice side-effect is that I have more energy and I have a brand new lease on life. Thank you Market America for all the great products and thanks to Cheree Culpepper for her research and insight for all the people she's helped.

Sincerely,

John K. Lehotsky, Independent UnFranchise Owner, Williamsport, Pennsylvania

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### **MIGRANES (3)**

I started using OPC in June, and later added B-12 because I heard it does something for migraines. I used a Prescription Drug, first Imitrex, then switched to Zomig because it's claim was to help ease a migraine once well under way, but the Imitrex has to catch the migraine in the early, early stage in order to work. The Zomig comes six in a pack, and cost \$100.00 (luckily my insurance paid 80%), but I was going through an awful lot of them. I was having Migraines for about 1 1/2 years, about 4 a month, then increased to about 6 or 7 a month, sometimes even more.

EVER SINCE I STARTED B-12, IN SEPTEMBER, I HAVE ONLY HAD 3 MIGRAINES! It is absolutely incredible. I don't know if the OPC has any substantial claim to helping them but I only take one capful of B-12 a day, but I increased them during the migraines to three caps. I have B-12 on transfer buying; I couldn't stand the thought of running out. Oh , by the way, I got a migraine when I ran out of B-12!!!!. Thank goodness for overnight buying. I only had to go 5 days without it.

Lucretia A. McGonagle, 19 Webster Avenue, Westbrook, ME 04092, VM 07706 Home 207-856-2190

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### **MIGRANE (4)**

I had migraine and tension headaches for 45+ years UNTIL I started taking OPC3 and our multi-vitamins, and added the B12 after a while, along with all of the Isotonix line. I had been on Beta blockers etc. for over 10 years and I wanted to get all that "stuff" out of my system as I do not like taking medication of any kind, especially long term. I also take the Cranapple Aloe as I had been diagnosed with Graves disease (an offshoot of thyroid problem) about 8 years ago and was told that nothing could be done for the eyes swelling and the blurred vision! I looked like I had been crying my eyes out.....not a pretty sight! My doctors,eye,throid

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specialist and internist, are amazed that my eyes are almost normal now, a result of taking the aloe and the OPC3 and

the antioxidant (that has 10,000 Beta carotene in it). They feel sure that it is what I'm taking that has produced these results.....almost confessing an interest in the products, but too stubborn to do so now, even after 3-4 years seeing how great my results are!!!!!!! Remember that the

aloe helps any auto-immune diseases and it not only heals, it is prevention of so many other things as well. Basically, I tell people that that is why everyone needs our products. PREVENTION. especially for those people who tell you that they don't have anything wrong, so don't need our Isotonix.....

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## **MULTIPLE SCLEROSIS (1)**

Kathy...

I have MS and was in a bad situation. I found OPC-3 and it turned my life around. I am attaching my testimony and would be glad to talk with him on the phone. My number is 785-537-8312. My parents live about 3 hours from Denver and they might go to Denver to see him, if that would be helpful.

Jeff Myers Manhattan, KS Kathy wrote..

## **MULTIPLE SCLEROSIS (2)**

I have suffered 24 hour pain for so many years, but now am pain free for the first time. I have MS, fibromyalgis, arthritis, bursitis, and tendinitis. After taking the megadose of OPC-3 for only five days, I was almost free of pain, and after a week I was pain free! I also had an awful circulation problem with my hands and feet. Now, for the first time in many years, I have warm hands and feet. Too bad I didn't know of this before, as my husband always complained when he felt my icy feet touch him during the night. My MS symptoms are also less severe. I find it easier to lift my legs and can walk with a little more steadiness than before, although I still need my walker. OPC-3 has been a blessing for me. To be pain-free makes it easier to fight the tiredness of MS. Until they come up with a cure for MS, this is the way to go....OPC-3!!!  
Belle Menendez Charleroi, PA

## **MULTIPLE SCLEROSIS (3)**

Dear Market America, I am 40 years old, and was fairly fit until about 2 years ago, when I started having a tough time both physically and mentally. I was diagnosed with chronic progressive multiple sclerosis about one year ago. About that time I began taking Ultimate Aloe, mainly because a good friend of mine believed in it so strongly. For years I have had two colds per year -- spring and fall. Since taking the Aloe I haven't had a cold, and have felt generally better. I credit this to the Aloe. I was very skeptical at first, but thought, "hey, it can't hurt, even if it doesn't help." Now, I take it every day, in amounts depending on how I feel. I have also started taking the Isotonic Vitamin B12 every morning. I can see a marked increase in energy (which I need, as MS tends to drain every ounce of energy in a hurry!). Since the onset of MS I felt tired ALL of the time, but after starting a single dose of the Vitamin B, family and friends noticed a difference in my stamina. But I, the skeptic, saw a huge difference when I started double dosing. For me, the combination of Ultimate Aloe and the isotonic Vitamin B work very well. I would recommend either product to anyone. I don't believe they are miracle cures but a natural way of feeling better all over -- mind and body. Thank you, Market America.  
Carolyn Adshade Oxford Junction

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## MUSCULAR DYSTROPHY

I have some information about MD. There is no cure for MD, however after reading the information below, a customer of mine who was taking OPC-3 decided to try the Isochrome as well. He is about 52 yrs old, had been medically retired on disability. He had to use his left hand to raise his right hand to his mouth to feed himself. He noticed some improvements after a couple of months of taking OPC & Isochrome. He took fewer naps during the day, and only had to get up at night 2 to 3 times to urinate. He said this was a lifesaver -- that before he had to get up at least 10 to 12 times (muscle control). After 6 months he was working out at the gym -- lifting weights with his hands and feet. He started with 5 lbs of weight for his legs. The last time he told me, he was lifting nearly 80 or 90 lbs with each leg. He is regaining muscle. He no longer uses his walker and seldom ever uses his cane. His doctor could not believe it and is "investigating" the two products in case they might help his other MD patients. This man's wife and two daughters became UFOs due to this. ----- Deficiency of CoEnzymeQ10 has been found in muscle of humans with MD. This deficiency may be involved in the development of heart disease associated with virtually every form of MD and myopathy. Two double blind studies have been performed in patients with progressive MD (Duchenne, Becker, and the limb-girdle dystrophies, myotonic dystrophy, Charcot-Marie-Tooth disease, and the Welendard disease). In both studies, using 100 mg CoQ10 daily for 3 months, definitely improved physical performance was recorded and significant improvement in cardiac output, stroke volume, and increased physical well-being. SOURCE: Encyclopedia of Nutritional Supplements, by Michael T. Murray, N.D. Georgene Huggett Poquoson, VA

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## **PARKINSON**

Dear Market America:

Thank you so much for OPC3. I want to tell you about how OPC3 has helped me with my Epstein Barr Chronic Fatigue syndrome. In 1992 after a very severe case of pneumonia which lasted over 5 weeks, I was unable to fully recover. Finally after months I was diagnosed with Epstein Barr Chronic Fatigue. I was encouraged to eliminate all extra activities. I had to give up many every day activities including walking to my mailbox and most driving. I was out of work for over 5 months. Life was difficult but survivable.

In October 1994 I had to go on sick leave from teaching again due to continued illness. This time I could hardly function, living in a recliner with little more than a trip to the bathroom as the activity for the day for months. I heard a lot of "learn to live with it" but this wasn't life. It was nearly unbearable, but I had a family that needed me.

Finally I began seeing a chiropractor -- nutritionist, checking for allergies and treatments. Slowly I improved but kept feeling as if someone was squeezing my chest and not having any stamina. Life became a few small segments of activity that were well spaced and very limited.

In mid June I was introduced to OPC3 and my life changed. I took three doses a day although I was down to 135 pounds, but I knew I had problems to correct and wanted to saturate my system. After the first bottle I ran out and couldn't get more because OPC3 was back ordered. I wasn't aware of my real improvement until I began to feel myself slip back into that terrible hole again.

Since then I have made sure that I don't run out of OPC3. I take 2 doses every morning and will for the rest of my life. In July I worked the Orange County Fair. Usually for 9 - 10 hours a day for a week. August I drove to Virginia for the convention and even disco-danced. I returned to teaching in September 1995 changing to third grade from 2 sessions of kindergarten, a concession to the Epstein Barr. So far, I haven't missed a day of work due to illness. What a change! Yes, I will always have limitations, but I have a life worth living and my boys are so glad to have their mom back.

OPC3 has also helped my father with his Parkinson's Disease. After reading a report in the Parkinson's Disease Newsletter about research done on a form of OPC stating that they had found NO toxicity, NO negative side affects, and some positive results on beginning patients, we decided to start my father on OPC3. We hoped to stabilize him. Much to our joy, he too is experiencing improved health and relief from symptoms he had for years.

Marge who has had juvenile rheumatoid arthritis since she was about six has had her most pain free winter in her adult life. She is thrilled to have a knee again.

I love what OPC3 is doing for my family and friends!

Sincerely,

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Betsy Munte

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## **PMS**

Try Oxygen Plus... It is great for those mood swings... I had a co worker that had PMS so bad her agitation would disrupt the entire office. Then one day I offered her some Oxygen Plus.. even she commented on the effects of it after about an hour.. I can't tell you enough how much it helped. 2 caps every 4 hours was needed to decrease her mood swings...and it is good for headaches too... migranes....

Carol Adams Team Sunshine Orlando Fl

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## PROSTATE CANCER

### *Here is my Dad's story. Pam Hartley*

I have had a history of enlarged prostate, and on October 20th my doctor had me take a blood test which I have been taking every year since I first learned they could detect the possibility of prostate cancer with the PSA reading in the test. I had lots of problems urinating, getting up six to eight times per night was very aggravating. My PSA turned out to be 13.6. Sometime around the 10th of October I started taking OPC-3 and I felt I could tell it was helping me by the time I saw the doctor on the 20th. When I told him I was taking OPC-3 he told me he didn't have much confidence in this helping me. Then he told me they had a new medication out to help with urination so he gave me a free 21 day sample pack of HYTRIN.

Today, January 23rd, the first question he asked was how the HYTRIN worked, which was a very simple question so I gave him my simple answer which was, I didn't take it. I then continued on to tell him that I decided to continue on with OPC-3 since it seemed to be helping. When I saw him in October my PSA reading was 13.6, on January 23rd my reading was 11.9 which was a good change from October but still high. In July my PSA reading had dropped to 10. I am only getting up one or two times a night and there were three nights I didn't get up at all. I will soon be 73 years old and had this problem for my years, and I think getting the PSA reading down that much in three months is showing very good results. Thanks to OPC-3 I think it will be still better in the next blood test which is scheduled in six months.

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## PSORIASIS

Well, I will not leave my daughter out, she likes to be involved. The only thing she was troubled with is Psoriasis. I was told to try it, it may work. She has been taking OPC-3 for about a month and a half. Her skin has cleared up one hundred and ten percent. We are all so excited about our changes we can hardly stand it.

Now, you see, we are three very happy Market America customers and we tell everyone we see about what happened to us. On December 3, 1995, I signed a very important form. I, Betsy Stump, agree to the term and conditions of Market America. I wrote a check for \$49.95 and I said, "Let's go to the top!" January 17, 1996, I sat in the front row, first seat, and watched and listened to the most amazing man in the world, the man that gave us all the vision, the dream and the hope of a life that we can be proud of, Mr. Jim "JR" Ridinger. I left there with excitement that was busting out. My attitude changed, for the better, my hope tripled, and my desire to be at the top in Market America is at an all-time high.

My children now have a future, where I thought they did not. They only have one parent, and I feel that they did not even have half a chance of success in this world. Now they do, I'm building a business that will be theirs someday. Where else in America can you find that? I hope that my story can help to motivate others. I find that I get motivated just thinking about my future success. I am constantly thinking, "What should I do next to improve my business?"

Betsy L. Stump

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## **REFLUX**

I'm sure you will receive many replies to this message but I have to tell you my story concerning Aloe and Reflux...I have a frightening form of Reflux or Gerd (Gastro Esophageal Reflux Disease) I don't often suffer heart burn but when my reflux flairs I wake up choking in my sleep as if I swallowed wrong. After about a year of this - my airways would close when I choked. Just long enough for me to panic for air and start fighting or running wildly around the house. For a long time, I was afraid to sleep. I did all the prescription and over the counter antacid remedies and at times I could go for weeks without an episode and then it would happen again. I'm so happy to tell you, that as long as I can get my hands on Aloe, I will never go without it again! I haven't had a single episode since I started the Aloe! I go to sleep confidently every night. The good thing about it is, I don't have to take it unless I feel the symptoms coming on. Then I start taking it morning and night for a few days. It's wonderful! What do you have to lose? I can even eat things again that I had given up! Oh, I take OPC 3 as well! Best of Luck! Shelly Elkins

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## **REFLUX & HEARTBURN**

My husband has had trouble with Reflux and Heartburn. He drinks the Aloe Vera Juice 2-4 oz. daily which has helped resolve the problem. He can eat anything he wants with no discomfort. The Aloe works great for healing the digestive system. I have taken it myself for indigestion and it has cleared it up almost immediately.

### **(2) REFLUX**

Ronnie, One of our first customers had reflux so bad that he had sores in his mouth, throat, & on his tongue. He was on Prilosac(spelling?) and said that the side effects of all the medicine he was taking were so bad that he had to stop taking them for a while and then he would get back on them again because his reflux would get so bad. He started taking the Ultimate Aloe and gargling with it then swallowing it along with the loading dose of the OPC-3. Within one week of this, his mouth started healing up & his reflux began to improve. Now he doesn't take any medicine but also only occasionally needs the Ultimate Aloe. He faithfully takes the OPC-3 and says that he thinks that it has helped him more than the Aloe juice. He tells everyone about our product and now is thinking about getting in the business. Maybe your friend could try just gargling with the Aloe & taking the OPC-3. Hope this helps. Your UFO friend,

Theresa Thigpen - Sugartown, LA

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## RESTLESS LEG SYNDROME

I recently signed up a new distributor who has Restless Leg Syndrome. She is taking some of the isotonix products (OPC 3, Antioxidant, Multi-tech) but has not seen enough results yet to get her belief level at 100%. Has anyone out there heard of any testimonies of someone who has this disorder and who has also had results with our isotonix products? She is desperate, so any information would be greatly appreciated!

Dianne from Minneapolis

Hi team-

I hope this helps.

When Chip and I first found MA, I had my father try the OPC-3 and TC 5000. Boy, did he need it! Everything was wrong. I figured that if it did what it was supposed to, it could help him with something. He was overweight, had allergies and was on prescription Claritin, HAD RESTLESS LEG SYNDROME, high blood pressure, and high cholesterol, and other stuff like falling asleep as soon as he got home from work, being grumpy all of the time, etc, etc, etc... What a great "test" subject.

I gave him OPC-3 and TC 5000. Yes, he took it even though it said not to if you have high blood pressure. What a difference, in about 4 days to 2 weeks, all of his "aliments" disappeared. No kidding. Even his doctor was amazed at his next check up, 11 days after beginning to take the products.

1. No more allergies = no more Claritin.
2. No more restless leg, he can now dance with my mom again. :-)
3. His cholesterol is now normal or very close to it.
4. His blood pressure is now normal, and he is being slowly taken off his blood pressure medication by his doctor.
5. He has lost about 35 pounds, now he's at about 187, and very, very happy about it!
6. His energy level has increased significantly.
7. Now he says he can't sleep, but I think it's because of the PLAN!!! (Not unusual!)
8. Grumpy is gone!
9. Other side effects of the increased circulation from OPC-3 are making my parents relationship like when they were first married (their words.) Mom is very happy about that! :-)

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10. Ok, so that wasn't enough. He also had horrible scarring from severe acne as a kid. Deep pock-marks, etc. He said, maybe this Vita Shield will work, then I can sell that, too. What a difference. It has been maybe 4 months, and his scars have decreased by about 50-75%. His skin is smooth and soft now. He also shave with the Skintelligence cleanser, and uses all the other Skintelligence products along with his Vita Shield.

He is literally a walking testimony! And he sells OPC-3 and TC 5000 like crazy, now. Of course, he wanted to get into the business after about a week of taking the products. He look great and feels great! Before MA, he looked 65 and acted 90 years old. Now he looks 40 and acts like he is 25! It's incredible. Dad is truly a product of the product. And, that's just his "Health and Nutrition Store" story. He's got plenty from all of the stores...

He will be speaking about retailing on stage at Andy Webb's seminar tomorrow in Baltimore. If you would like more info, ask him then, or email me privately and I'll give you his contact info.

I hope this helps, inspires, etc. Thanks,

Mandie Emely, Maryland

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## STROKES

On April 7, 1989 while I was home alone, I suffered a cerebral vascular accident - a massive stroke. I did not know what was happening. I crumbled to the floor and as I lay there I started to lose consciousness. I managed to crawl to the telephone, pull the cord down and dial 911. I then realized I could not move my right side.

When the paramedics arrived I was able to drag myself through the room and partially open the front door just enough for them to enter. Upon arrival at the hospital, the emergency team of doctors took over. After evaluation and emergency care, the Chief of Medical Staff informed my wife, Johnnie, how critically ill I was. She was told that I would expire within 24 hours. I find it quite amazing how we trust these professionals with our lives, yet our situations develop entirely differently from what they predict.

During the 24-hour period that I was expected to expire, my vital signs began to regulate and stabilize. After an intensive medical care and physical therapy period of 5 days, the medical professionals informed my wife that she should put me in a nursing home. My wife refused and instead had me transferred to the Veterans' Hospital for the sole purpose of rehabilitation. She had other plans for me. Because she was physically limited in caring for me, she chose the V.A. Hospital to provide the physical environment needed to carry out her alternative plan for my health.

For two solid months, while at the V.A. Hospital, Johnnie searched for the proper nutrition for my body, for vitamins and minerals and herbs that would bring me back to health. She searched for a means that would allow me to cope with my ailment, as I was diagnosed completely physically disabled. For eight years Johnnie would go to a health food store in the Dallas/Fort worth area to obtain all these vitamins and minerals and herbs. I took capsules and tablets. They helped somewhat, allowing me to function with severe limitations, but I was thankful just to be alive.

For all of these years I was plagued with a burning sensation in my head and severe pain in my entire right side. My right hand was totally paralyzed, remaining in one position, fist clenched, by my side. The last eight years have been excruciatingly difficult. I have had to shift all my physical functions to the left side. Even my duties as a minister became very difficult, as my right hand would not move when I wanted it to. Whenever someone in my congregation was sick or in the hospital, my wife would have to take me to see them with an exhausting effort.

Additionally, about a year and a half ago, I was diagnosed with an immature cataract in my right eye. There was a rather disconcerting spot on my eyeball that I could actually view in the mirror. On August 4, 1997, three women, who are becoming our very good friends, came to our home as a result of my wife's having received a Market America business card from her sister. My wife's sister was having dinner at a restaurant when this young lady approached her with a business card, mentioning vitamins, herbs and minerals. The card was passed on to Johnnie, my wife, and an action for which I am thankful every day.

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At my home, these three women stayed for less than an hour, spoke very highly of OPC-3 and left. They brought my wife to a Second Look meeting the next day, August 5th and that evening she came home with six bottles of OPC-3.

On the morning of August 6, 1997 Johnnie fixed a loading dose of OPC-3 for me. I took it and found it to be pleasant-tasting. The next morning, August 7th, I noticed a significant reduction in pain. Please remember, I had been in excruciating pain constantly for the past eight years. Asleep or awake, I was in pain. On the morning of August 8th, I experienced no pain or discomfort whatsoever and I've been that way since.

Among the wonderful things OPC-3 has restored in my life are my energy and increasing mobility. My formerly paralyzed right hand is now open and I can use it again! On August 9th, I tackled the cleaning up of two closets with my wife cleaning the other two closets. She finally went to bed exhausted at 10:00 p.m., but I lasted until 1:30 a.m. the next morning. That same day I told our sponsor that the spot in my eye was gone. My vision is no longer impaired.

I highly recommend OPC-3. I take OPC-3 daily and my wife is adding the rest of the vitamins and minerals in our Market America Health and Nutrition store to our daily regimen. I am still improving both physically and mentally and am now enjoying life to its fullest. I am so thankful for OPC-3!

Rev. Henry J. Thompson  
Fort Worth, TX

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## TENDONITIS

Judi,

My husband had been suffering with severe tendonitis in his elbows. It got so bad that without the arm braces on he had to use two hands to lift a milk carton and pour it. He had knee surgery and while he was asleep the doctor put a shot of cortisone in one elbow. He had already had a shot in the other elbow, but the doctor said that this one would be much more painful and therefore he might want to wait until he was under the anesthesia to let him do it. The shot lasted a few days and the pain returned.

My husband had been to three other doctors and had tried several medications, exercises, and finally the shots. At this time he decided he would just have to wear the bands on his arms for the rest of his life. He also wore 2 or 3 wraps around him from his chest to his waist for his back. The chiropractor had told him that he could give him relief but because it was spina bifida that he would have to live with it. So he continued to wrap his torso and wear the arm bands. In October of 1997, my sister introduced us to Market America.

We entered the business and began taking the OPC-3, MultiTech, Mineral Blast, Isochrome, & Calcium Plus. After a couple of months, my husband began to notice lessening of his pain. One morning he got up & forgot to put on his torso wraps. He began doing his outside chores and got to cutting up a large oak that he had cut down in front of our house several months back because it was dead. He came in and said he couldn't believe that he was able to do that several hours of work without even realizing that he hadn't put on his wraps. He hasn't worn them since and the arm bands either. He has told a lot of people and has sold a lot of product just from his testimony especially to men. Hope this is an encouragement to your friend.

Theresa Thigpen, Sugartown, LA

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## **POWERFUL ISOCHROME TESTIMONIAL**

Dear Kathryn:

I have to tell you an experience I've had with one of our Market America products in the last month. One of our Isotonix products - IsoChrome - has a really special ingredient in it called CoQ-10 (Coenzyme Q-10). We've been recommending it to people with heart disease because it just does incredible things for heart function. We also recommend it to diabetics because it helps tremendously with their blood sugar problems. The fact is that everyone's body makes CoQ-10, but the older we get, the less of it our bodies make (and we need it). When they have studied people with poor heart function, they have found that they are usually very deficient in CoQ-10. We have some testimonials from people we know who have had incredible results with it. Anyway, Sue (my sister) started taking IsoChrome about a year ago because of her energy problems. Sue has had terrible problems with her menstrual cycle for as long as I can remember. The older she got the worse her problem got. For a couple of days every month, she almost hemorrhaged. It made it extremely difficult for her to leave home. Now, I'm talking about a 30 year problem here. She has also been troubled with cysts in her breasts -- a very painful condition. When she started taking IsoChrome, her menstrual problems quit. Her periods are extremely light now and have been for over a year. Not only that, but her cysts in her breasts went away.

Well, I don't have any serious problems like that, so I continued to think that IsoChrome was mainly for people with heart disease or diabetics, but I had some on hand and decided just for an experiment to take it for a month and see if there was any change. One problem I have been having (the curse of the 40's) is that for several days each month (mid-cycle and end-cycle) I've been extremely emotional, crabby, irrational, and in general a real pain in the you-know-where. This has been without exception -- every single month. Well, this month it just didn't happen. It was such a huge change that I couldn't help but notice it. I have felt well and in control for the whole month, and I'm into my second month and second bottle, and my "in control" feeling is still with me. My period was much lighter than usual, too. I have to face it - I must be suffering from a CoQ-10 deficiency, too -- just like everyone else who is getting older. Now I'm thinking that CoQ-10 must play a part in hormone regulation also. And since my dad died because of heart disease, and both of my grandmothers were diabetic, I've just added IsoChrome to my "necessity" list along with OPC-3.

Grateful Gwen

## **OPC-3 TESTIMONY**

I would just like to tell you my experience with OPC-3. In February, 1998, I was diagnosed with breast cancer. Fortunately, it was non-invasive and was microscopic in size. It was removed in total and it was decided my treatment would be very close follow-up. My oncologist and surgeon were both in agreement that radiation would not be necessary at this time. I have been taking Tamoxifen to reduce the risk of recurrence. At the time of the diagnosis, I had been on estrogen replacement therapy. I was immediately taken off estrogen

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replacement therapy and shortly thereafter I started getting hot flashes...very debilitating hot flashes. It changed my whole lifestyle, believe it or not. I suffered for many months, until our friends Monty and Michelle mentioned OPC-3. In learning more about it, I was told it was very good for cancer patients, as it killed free radicals that everyone has in their bodies. It is the free radicals that cause numerous problems and diseases, including cancer. So, I thought I would try it as another preventive measure to reduce my chances of recurrence of cancer. No one mentioned it would help hot flashes, and I didn't see it in any brochure that was published at that time. I started taking it and within 2 weeks, I noticed an amazing reduction of my hot flashes. They significantly decreased in frequency and severity. I couldn't believe it. Up until then, I was getting them almost every 15 - 20 minutes and so severe I felt I couldn't even breathe. I had a ceiling fan over our bed and a 24" fan next to the bed blowing on me all night. My husband was freezing even though he was wearing flannel pajamas, was covered with a sheet, a blanket and a comforter, and I was roasting. But after taking the OPC-3 I didn't need the fans and I could function like I used to. It was like a miracle. My husband is very grateful. I also have Reynaud's Phenomenon, which is the blood vessels and capillary's in my fingers would go into spasms when my hands got cold....from washing vegetables and walking down the refrigerated and freezer section in the grocery store to going outside in the winter.

At the beginning, when I saw my doctor about it, he said there was nothing that could be done, other than keeping my hands warm. I have had it for about 15 years and it has gotten progressively worse. All eight of my fingers would get white, and so cold they were numb because there was no blood flow. When my fingers started warming up, they would hurt and tingle. I have just noticed, there is a marked reduction in the numbness and when my fingers get cold, all of my fingers are no longer affected. They may get a little colder than other people's, but the severity has diminished significantly. I didn't know OPC-3 would help this problem. I haven't seen it mentioned in the brochures. Maybe I am the first one to notice it. OPC-3 never ceases to amaze me. I'm a believer and will take it forever. Who knows what problems it is preventing from even getting started. Thank you. Thank you. Thank you. My husband thanks you too!!

Ellen Pope

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**Thought the team would be interested in this testimonial I received from someone in my upline....**

Suzanne Ryan,

Manchester, NH

I had a "little fall" on April 23rd and I fractured my left ankle bone and my right leg about 3 inches above my ankle. I just went to my doctor's for my 6 week check-up. The doctor walked in the room and asked me if I had been drinking my milk. I told her - "no more than I normally would". She then showed me my x-ray and showed me how my body is building bone around my fracture. She said that it was more than what she expected to see at this point. My doctor said "whatever you are doing, keep doing it."

The first week after I fell I was "mega-dosing" on OPC-3 and taking 1-2 capfuls of Calcium a day. I ended up only taking one bottle of the Calcium Plus - which lasted me about 3 weeks. I have continued one dose of OPC-3 every day. I believe that the Isotonix system has helped my body heal itself much faster than if I hadn't taken it. I didn't use any pain medications even though my doctor gave me two prescriptions for pain relievers. I believe the swelling was minimized tremendously by the OPC-3. As for the Calcium - it works ! I saw it with my own eyes! :)

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Gail this is a terrific testimonial for Isotonix but you need to relate it more specifically to the products that you use now . This is the first time I have heard that Heart palpitations could be a result in part of calcium deficiency. Can you expand on that ? . . . .

**Hi Tom and anyone else who may be interested:**

I guess I just assume that everyone on here knows how wonderful the Isotonix are. I found out about the heart palpitation - calcium connection many years ago. I went through my first three pregnancies suffering so badly from heart palpitation that sometimes I felt like my heart would jump right out of my chest. It left me feeling weak and breathless. Leg cramps had me jumping out of bed every night and doing a little dance around the room. A very informed friend told me that I needed more calcium because all of our muscles need calcium for optimum function, and the heart is a muscle. That's why if you are calcium deficient, you can get leg cramps. Anyway, that's when I started taking a liquid calcium that my friend recommended, and it absolutely stopped both of those problems.

The Isotonix calcium that I take now is the best I've ever taken. I don't know if someone can come up with a scientific explanation for the calcium/palpitation/cramp connection, but I know what I know. It works for me By the way, I use all of the Isotonix every day, and OPC-3 twice a day. My husband and I and all of our six children take them every day. Like most people, we have always taken vitamins because we knew we should, not because they made a difference. The Isotonix make a difference. Sometimes we take it for granted how much they help because you get used to feeling good. But our kids with their healthy young bodies sometimes forget to take them - until allergies resurface.

OPC-3 has helped a couple of our children tremendously with hay fever symptoms, and two of them with attention deficit. No one in the family gets sick very often. Isotonix is our family habit.

Gail Weekly, Roseburg, OR

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## GLUCOSATRIN TESTIMONIALS

Shane Patterson and Steve

### Testimony of OPC-3 and Glucosatin in combination.

SP: Tell me a little bit about what your testimony is all about and what has happened with you in the last month.

Steve: Okay, well I was scheduled for my second surgery for a broken neck and it was scheduled for the 22nd of this month. They did a CT scan and found out it was worse than they thought. There was no fusion between three of the discs, the steel plate was coming loose, and I had a massive infection on my lower vertebrae. They bumped the surgery up from the 22nd to the 12th because of the CT scan showing that I had no fusion whatsoever.

SP: Wow! What happened? How did it turn out? I know you were taking the OPC-3 and started the Glucosatin since then.

Steve: Yes. My wife called your wife (or you) and you guys recommended I start taking triple doses of the OPC-3 and I had been taking the Glucosatin for about a week before I found I was going to be bumped up for surgery. At that time, when I went in for surgery on the 12th, they went in and it was supposed to be a 7 to 7 ½ hour operation to totally take my neck apart again, rebuild it, and replat it. It took two hours! They came down and told my wife that there was total fusion, no infection, removed the plate, did not have to replace the plate, and could not explain what happened in the three weeks from the time the CT scan was taken until then, but I had total fusion.

SP: Wow! That is unbelievable. Guys, seriously, this is just one of the many testimonials we get with the OPC-3 and especially with the Glucosatin on top of that. Make sure you pass this message to your group and make sure everyone gets this message. It is vitally important as it is just more support on what we are doing here and that is changing lives and improving the lives of many people in many ways.

### REBUILD KNEES

Hi Team...

I have started taking the Glucosatin to help improve my knees. After being on OPC-3 for over 2 years which has helped so much I wanted to try the new product rebuild my knee. But to my surprise after a few days on Glucosatin the +4 Idiopathic edema which I have had for over 15 years had started to go down ... now after the first few day I thought it was just wishful thinking and went down to the 2 caps 2 times a day and it didn't go down much more but stayed there... I resumes the 2 caps 3 times a day and the swelling has reduced to +1 in my ankles and even more has left .... I lost at least 7 pounds of water weight so far after a week but the most important thing was the pain from walking any distance has diminished greatly and I can go farther everyday.

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Another important thing to tell you is that I have to massage my legs several times a day to help the swelling as it is painful to touch but it breaks up the fluid and I feel so much better after I do. I can't tell you how I have searched to relief for years and years Doctor to Doctor and finally when I was not searching I found something to help. I will keep you all posted of the progress I make... I have been waiting to report the progress and now I feel pretty good about it as it keep reducing the swelling daily. Thank you Market America for such wonderful products and even more wonderful people.

Carol Adams Team Sunshine Orlando, Florida

ATG 08127

## **MORE TESTIMONIES**

I didn't think I would be taking Glucosatin myself since I don't have arthritis or joint pain, but I found another use for it. I woke up suddenly one morning when the phone rang beside the bed, and in my half-awake state reached for the phone - which I discovered 'someone' had dropped clothing on top of it - so I had to twist around and get the phone with the other hand while I held the clothing up with the other hand. This was a very unnatural position and resulted in my pulling a muscle in my neck and shoulder so badly that it was in spasm. I went around for the whole day unable to move my head or right arm without intense pain - even though I was taking aspirin and ibuprofen alternately every two hours.

I woke up the next morning still in pain, and I was thinking "I really need an anti-inflammatory" when I remembered that Glucosatin has natural anti-inflammatory herbs in it. I took two of them immediately, and within about an hour I could feel the tension (and pain) release from those muscles. I took another two a few hours later - and that's all it took. I went back to normal activities - which anyone who knows me knows aren't exactly normal. I enjoy landscaping our five acres, and normal for me is pushing a wheelbarrow full of dirt around. I was back to my wheelbarrow the next day :-)

Gail Weekly  
Roseburg, Oregon

Margaret,

I am so excited about the Glucosatin! I had to write you, and let you know what it is doing for me. Please forward this to everyone you can for me.

For about a year now I would literally wake up just about every morning somewhere between 3:am and 5:am with very intense lower back pain. The pain would be so bad that I could no longer lay in bed. It was a morning ritual to get up before day-light run hot water on my back & very slowly try to bend over and touch my toes, to stretch my back out I usually could not make it all the way to my toes because of the pain. But, this would somewhat help, and after about an hour of being out of bed the pain would go away. Of course the next night I knew it would be the same thing.

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Aspirin or Tylenol never helped much with the pain. To tell you the truth I just kind-of got use to the idea and accepted it as a part of life. I received my Glucosatin in the mail yesterday. I immediately took 2 tablets, then 2 more before bed. I was looking forward to taking it because I knew it would help keep my joints healthy. I never dreamed it would help with my back. But this morning the next day after taking my Glucosatin I didn't wake up until 7:am, and I when I did awaken I had NO PAIN! I was ecstatic! I woke up Larry and started doing toe touches in front of him. I was saying "Look, look it must be the Glucosatin, my back is not hurting!" I think he thought I was crazy!

You can not imagine how good that felt to wake up pain free! I can't wait to tell everyone I know about this product.

Leona

I am a 34 year old mother of five children ages 6 and under. I had triplets 3 years ago and my body has not been the same since their birth. I had a difficult pregnancy that involved 11 weeks of bed rest, and a c-section. These variables paired with the tremendous amount of stress placed on the body when carrying multiples, created difficulties for me with my lower back, hips and pelvis. The pain was so severe at times that I was not able to walk, let alone care for my children or perform routine daily tasks. I visited the emergency room, which prescribed painkillers, and muscle relaxants. A stay at home mom cannot function on these medications, so I opted not to take the prescriptions. I underwent several weeks of Physical therapy, which did help my condition. However, the pain persisted. I was finally referred to an Orthopedic doctor, and after further diagnostic tests it was determined that I was suffering from mild degenerative arthritis in both hips, as well as sacroilitis (inflammation of the sacrum and ileum). Both conditions were attributed to the stress placed on my joints and ligaments during my pregnancies, as well as post-partum.

My pain always increased with activity, and was most apparent upon waking in the morning and at the end of the day. It was suggested that I try Glucosatin. I had been taking OPC-3 and I was happy with its results, so I opted to try the Glucosatin. Motrin had taken the edge off of my pain on the worst days, but was creating difficulties with my stomach. I noticed remarkable differences! I went an entire day without giving my back a second thought. One pain free day turned in to another. I am thrilled with the results. I am continuing exercises to strengthen my muscles and I will continue with the Glucosatin and OPC-3. I have been gradually adding activities to my daily domestic routine, and while I am not entirely, symptom free I feel that Glucosatin has made a difference in my life. I am thankful to the person who made the suggestion. I would highly recommend Glucosatin to individuals experiencing chronic joint pain.

Sincerely,

Maria J. Olson

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Hi Team!

Here is the letter I received from Pat, a nurse for over 30 years in her mid 50's and normally very physically active dated 9-7-99. She is also taking OPC-3 and other Isotonix supplements.

Hi Lenette, Thanks so much for the beautiful picture and inspiration. I've printed it, and will hang it in my bathroom right beside my goals pasted on my mirror. Sunrises and sets have always been a gift from God to me! Thanks!

Glucosatin, what a blessing it came into our business when it did!!! As many of you know, I injured my back on July 26th doing some heavy lifting. trying to be younger than I really am!!! Twenty-four hours later I experienced pain so severe in my left hip and lower back that I was unable to walk. I tried getting off my feet, thinking it would resolve. It didn't. Of course, I was unable to work, as it requires me to be on my feet continuously for 12-hour shifts. Trip after trip to the doctor, bone scan, and then an MRI. The latter test revealed 5 bulging disc's with nerve impingement. I was in agony. Percocet, Valium, Soma, Naproxen, nothing relieved me. I was hurting and I was frightened. Was short or long term disability, or even retirement awaiting me?

Two weeks after the Convention, I was at a Basic Five Training, and a dear friend who cared put a new bottle of Glucosatin in front of me. I opened it, swallowed down two of them with my last sip of coffee, not expecting any response. I thought nothing more about it. Approximately three hours later we got up to go to lunch. I got up and walked and to my amazement, I was able to walk without pain!!! Is this in my mind, or did this stuff really work this fast??? I felt like a miracle had happened to me! I was ecstatic!!! I read the label, took the loading dose as advised, and I've not had any need for any pain medicine since. I have returned to work and am able to work to my fullest potential.

Am I grateful to Market America and J.R.?? You bet!!! I am retailing Glucosatin now at work without having to say a word. . .my co-workers saw it work, too! Anyone with chronic joint pain. . .don't wait to try this. It can very possibly turn your life from despair to hope in just a very short time, just as it did mine!

Pat Nutter  
Team Myrtle Beach  
Holden Beach, N.C.

I am sending a testimonial of one of my distributors, Lara Castellanos. Last Wednesday night at the 2nd Look meeting she came in and her arm was swollen and hot from her wrist to about 5 inches towards her elbow and 1 inch across. She couldn't move her hand and it was hurting her a lot. I opened a new bottle of Glucosatin and had her take 2. I sent it home with her. She took 6 each of the next two days and the pain was gone and the swelling gone also. Here is her story:

Pam Hartley  
Crescent City CA.

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I have had tendonitis in right hand and elbow for approximately three years. I took Glucosatin for the first time on August 18 and after just two and ½ days, I am completely pain free in my hand, wrist and elbow; including my right knee that has bothered me for some time. After having surgery in April of 1999, with an epidural in my spine for two days, I used to have severe back pain every morning. And after three days of taking Glucosatin I have awakened each morning with no pain!!!

Lara Castellanos  
Crescent City California

Hey team! Well, after a few months of everyone "nagging" me to write up a testimony I decided that now is as good a time as ever! I have had incredible results with ThermoChrome 5000! It is my favorite product!

Anyway, here is my story:

A few years ago I tried to have a baby. I was on fertility drugs for over 2 years but never did get pregnant. I became so depressed because all of the meds I was on caused me to gain almost 100 pounds. I moved from Pennsylvania to Florida and did everything known to try and lose the weight. Nothing worked! Until, one day I decided to take TC5000 faithfully everyday. I started taking 2 pills in the morning and 2 in the afternoon. After a few days I noticed that I had a bit more energy. But, I was still skeptical.

As weeks went on, people would comment on how I was losing weight but I would just blow them off. I didn't want to believe that they were actually working! But, I continued taking them. I have been taking them for just over a year now and have lost over 90 pounds!!! I have gone from a size 20 to around a size 10. I say around a 10 because I am wearing a size 12 right now but they are too big and I refuse to buy new clothes again!! I am going to wait until I lose a few more pounds! And, the best part about losing the weight is that I don't exercise and I still eat the same foods!!!! They really do work if you take them!!! It is so easy for me to sell the product because all I do is show people a before picture and they want to know where they can get some!! My boyfriend, who is also a distributor, lives in Oregon and sells it out there. All he does is show people a before and after picture of me.

It is that easy!!!

In addition to TC5000, I also take OPC-3, B12, Isochrome, Multi, Antioxidant, and Aloe. I have not felt this good in a long time!!!

I know that my story may not sound as emotional as some of the other testimonies we hear. However, TC5000 has changed my life. I feel healthy again and I have a lot more self confidence. I hope my story will help at least one person!!

Tobey Pannhorst  
Sarasota, Fl.  
ATG 02379

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## GLUCOSATRIN INTERVIEW

*This is a transcript of the live interview with Craig Weatherby (co-author of The Arthritis Bible) which occurred August 19, 1999 from 12:30pm to 1:00pm EST. The topic of the discussion was Natural Remedies for Arthritis.*

- Emily Rachman: Welcome. We'll be starting the interview in 5 minutes.
- Emily Rachman: Thanks for joining us this afternoon. We're live with Craig Weatherby. Our interview topic is **Natural Remedies for Arthritis**. Please submit your questions.
- anon1927: Do you know what causes osteoarthritis?
- Craig Weatherby: No one is sure. The most likely suspects are repetitive strain on joints, obesity, and the body's diminishing capacity to repair cartilage as we age.
- Sago: I am interested in the best natural product for arthritis.
- Craig Weatherby: Some of the best are glucosamine sulfate, chondroitin sulfate, and boswellia, an Indian herb.
- JohnB: I have heard that the Chondroitin molecule is too large to be effective against Arthritis. Is This true?
- Craig Weatherby: It is true that chondroitin is absorbed at a much reduced rate compared with glucosamine and there is evidence that the combination is more effective than either alone in some people.
- Sago: Is taking an anti-inflammatory like Bromelain a good step for the pain of arthritis?
- Craig Weatherby: Yes, there is good preliminary clinical evidence that bromelain and other protein digesting enzymes reduce symptoms of osteoarthritis and rheumatoid arthritis.
- anon2720: Are there different natural remedies for younger arthritis sufferers. I am a twenty year old woman.
- Craig Weatherby: What type of arthritis do you have, anon2720?
- anon2754: My mother has tried every natural supplement like glucosamine, msm, etc.... She is still in tremendous pain, what can she take for the pain?

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Craig Weatherby: I would suggest that she try one of the new anti-inflammatory drugs called Cox-2 inhibitors, such as Celebrex or Vioxx, available by prescription.

Sago: Is MSM as good for arthritis as Glucosamine/Chron. And Bromelain?

Craig Weatherby: There is little clinical evidence available for MSM in arthritis, it seems doubtful that it will be as effective as glucosamine/chondroitin in most cases but individual responses to supplements vary.

Celestia: Do you suggest inhomrbra over glucosamine or msm for the pain of osteoarthritis?

Craig Weatherby: I suspect you mean Inholtra, which offers additional anti-inflammatory supplements, and may therefore be somewhat more effective than glucosamine/chondroitin alone.

Cathy: Do you know if there will be transcripts available of this chat?

Emily Rachman: Yes. A transcript will be available on the mothernature.com website later today.

Doug: Are there any vitamins that help arthritis?

Craig Weatherby: Vitamin C has the best evidence of therapeutic effect in osteoarthritis, probably because it supports the health of connective tissue, including cartilage, and is a strong antioxidant.

Craig Weatherby: Vitamin E has the best evidence for helping in rheumatoid arthritis, again because it is a strong antioxidant.

Celestia: Would a cushion help with the discomfort and pain while sleeping?

Craig Weatherby: Celestia, I think it's worth a try.

Jenny: My pain seems to be worse at night, is this common?

Craig Weatherby: Jenny, it is more common to have more pain in the morning, but individual symptoms vary tremendously.

Rutter3anon3743: What feedback have you had regarding SAME? More improvement than not?

Craig Weatherby: There is more clinical evidence for glucosamine in osteoarthritis. SAM-e has less clinical evidence, but appears very promising and again individual responses can vary.

Celestia: Are cerebrex and vioxx the same drug just different names?

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Craig Weatherby: They are not the same drug, but they have the same basic effect, which is anti-inflammatory.

Sago: I have been told by a naturopath that Flax Oil is great for arthritis, how do you feel about that?

Craig Weatherby: There is more evidence by far for benefit from EPA, which, like the omega-3 fats in flax oil, is anti-inflammatory.

Celestia: Are there any side effects with cerebrex?

Craig Weatherby: Yes, there are gastric side effects, such as bleeding, but significantly less than with standard, non-prescription drugs like aspirin and ibuprofen. Time will tell whether they have other side-effects.

anon2636: Is arthritis hereditary?

Craig Weatherby: There is evidence of a hereditary link in both osteoarthritis and rheumatoid arthritis, but these are fairly weak associations.

Jill: What does diet have to do with arthritis?

Craig Weatherby: There is some persuasive evidence that vegetarian diets have beneficial effects in rheumatoid arthritis. The same is not true of osteoarthritis.

Emily Rachman: I believe we'll extend this interview since we have so many questions coming in.

anon2636: Can extreme cold weather worsen arthritis?

>Craig Weatherby: Yes, cold weather typically increases arthritis pain and stiffness.

Cathy: Is arthritis actually calcium buildup in the joint?

Craig Weatherby: No, arthritis is not caused by calcium build up in joints.

Sago: I have had osteoarthritis for years, since I have started using mega flavanoids, flax oil and vitamin C. My pain has disappeared and the deformation has reversed.

Craig Weatherby: I'm glad to hear it. In my book, The Arthritis Bible, we emphasize that people have very different reactions to drugs and supplements.

Emily Rachman: Unfortunately, we're running out of time now.

Craig, would you agree to return soon so we can continue this discussion?

Craig Weatherby: I would love to return soon, we've been getting great questions.

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Carol Adams  
ATG 08124

## **PRICE JUSTIFICATION**

The people who are taking Glucosamine are, if they are really hurting, taking some kind of pain killer/anti-inflammatory pill as well. Ours has it built in: 1) Scutellaria a Cox 2 inhibitor for pain and inflammation that DOES NOT damage the liver. Advil, Tylenol, etc. do; 2) Oleanolic Acid - another Cox 2 inhibitor that DOES NOT damage the liver. Some people may be happy to destroy their liver to save a few pennies, I am not. The third extra ingredient, Boswellia, increases the circulation to the joints. This product was obviously very well researched before it was offered to us. Cartilage (which the glucosamine is design to repair) does not have any blood supply. Glucosamine by itself does not increase the circulation to the joints and without blood repair cannot take place.

So, to get the same things and the same benefit, your acquaintances would have to take glucosamine, an anti-inflammatory that would destroy their liver over a period of time (or buy Scutellaria and Oleanolic acid and Boswellia separately. Also, when you consider the cost of the other items they would have to buy to accomplish the same thing (with the liver damage as a bonus) I think we still have the cookie. Think about it.

Ramona Rhoades

Los Angeles

## **DR. WILMER ON GLUCOSATRIN**

We think our approach to improving joint or connective tissue health is a significant departure from the products that simply offer glucosamine and/or chondroitin sulfate. Glucosamine is doing more than just supplying a chemical building block for cartilage synthesis---it's actually stimulating cartilage synthesis. Glucosamine sends a signal to the connective tissue cells to create a variety of related molecules, including chondroitin sulfate, that participate in the construction of proteoglycan aggregates that we call cartilage. The glucosamine structure or template is what the cells build upon to synthesize these unusual aminosugar molecules that are covalently linked to the protein collagen that forms the larger complex cartilage.

The main reason glucosamine-SO<sub>4</sub>/HCl is used exclusively in Glucosatrin is that the body can easily absorb this small molecule and the molecule has very dynamic effects on cartilage production as I mentioned above. Chondroitin sulfate is a disaccharide amino sugar. Chondroitin sulfate is at least twice as large as glucosamine on a molecular basis, and it has

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a strong charge, two properties which are known to restrict the absorption of many molecules, including chondroitin sulfate. As I understand it, only a small fraction of the chondroitin sulfate makes it intact across the intestinal barrier. There are enzymes released into the small intestine that can cleave chondroitin sulfate into its component sugars and can remove the sulfate group. So you see that a person is paying quite a lot to get a molecule that, for the greater part, does not even arrive at the joint tissue intact. Besides, once the glucosamine arrives at the connective tissue cell, a sulfate group is reattached to the glucosamine and the glucosamine sulfate can then be incorporated into the growing glycosaminoglycan chains.

The second important approach to our Glucosatin product is that it contains a pure compound, oleanolic acid, and herbs which contain compounds known to be cyclooxygenase-2 (COX-2) inhibitors. Cyclooxygenase is a term for at least two related enzymes that are responsible for synthesizing pro-inflammatory substances from fats. Some of these substances promote inflammation and some can trigger the sensation of pain. The ingredients in Glucosatin can inhibit the COX-2 enzyme and perhaps COX-1 to a more limited extent. This means that while Glucosatin is supplying glucosamine building blocks, it is also suppressing the activity of inflammatory cells which are degrading cartilage and secreting substances which can cause pain.

I hope this discussion helps.

Sincerely,  
James L. Wilmer, Ph. D.  
Scientific Affairs Department  
Market America, Inc.

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## **ADDITIONAL NOTATIONS**

### **Pill and Capsule Absorption Time**

The absorption time of a "pill" is dependent upon, in large measure, the coating that protects the pill. In many cases, the coating is also a "buffer" that protects the stomach lining, but in the process, causes an even greater length of time to elapse for it to be broken down in the stomach and passed into the small intestine.

The Isotonix brochure states that the average absorption time for Isotonix products is 5 minutes. The absorption time of a tablet is 40 minutes to 4 hours, and the nutrient value is diminished by fillers, binders, coatings, lubricants, disintegrators and artificial colorings. Tablets must also be diluted by the stomach acids for the nutrients involved to become small enough to pass into the small intestine, and from there, into the blood stream.

### **Isotonix**

Our Isotonic products need no internal dilution process, since they become body-fluid-like when we add the proper amount of water to the crystals. I can't quote an exact source, but a one-to-one explanation using the Isotonix brochure's diagram will help your customers see very clearly that the Isotonic products' rapid delivery system is far preferable to tablets. All of the ingredients used in Isotonix have been FDA approved and the vitamin levels in Isotonix are verified by the analytical group at Hoffmann-LaRoche, Inc. The Isotonix formulas are designed to provide 115% of the label claim for each nutrient.

I recall a story (from Dennis Franks?) that mentioned a porta-potty company stating they found more Centrum when cleaning out their toilets, in whole form, than anything else. I'd love a picture of the mountain of rinsed off Centrum they created on their property!:) Good selling!

Pam Patterson  
Phoenix, Maryland

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**THE FOLLOWING INFORMATION WAS SUBMITTED BY AN UNFRANCHISEOWNER**

Hi Team,

I just thought this would be good information to pass along. We had the privilege to have James Jefferson in our area. The local was OUTSTANDING. This information really gives credibility to the Isotonix line.

Lester & Tammy Faison  
North Carolina  
ATG 08919

**Sent: Wednesday, January 26, 2000**

**Subject: Re: Infor. from Physican's Desk Ref.  
Liquid Vitamins the Wave of the Future By**

**Dr. David Friedman, DC, ND Certified Doctor of Naturopathy and a board qualified Chiropractic Neurologist.**

My views on nutrition changed one day a few years ago when a patient came in and told me that she was having her septic tank repaired. She told me what was causing the blockage was hundreds of undigested vitamin pills, some of them with the brand names still readable. After hearing this disturbing news, I did some research on my own. I found in Tacoma Washington, 250,000 pounds of undigested vitamin pills are pulled out of the sewers every six weeks.

In Salt Lake City, over 150,000 pounds of vitamin pills show up in the filters every month. The reason is due to high metallic content of these pills. Metallic minerals like oyster shells, carbonates, oxides and dolomites have the consistency of crushed up rocks, which our bodies were not designed to digest.

Even those pills listed as "all natural" often have added fillers and coatings that inhibit absorption. The Physician's Desk Reference (page 1542) shows that vitamins and minerals in any pill form are only 10 to 20 % absorbed by the human body. That means for every \$100.00 you spend on Vitamins and Supplements, you are literally flushing about \$90 of it down the toilet.

Because of this lack of absorption, companies must use mega doses of nutrients and this can cause taxation on the Kidneys. According to the National Advisory Board, 100mg consumed in a tablet from translates to a minute stabilized 8.3mg concentration in the blood. Upon realizing nutrients in pill form leave much to be desired, I started to eliminate them from my inventory and started exclusively selling a liquid nutrient. I admit figuring out just which supplements to carry in your doctors office can often be a task. To prove the effectiveness of Liquids Massachusetts General Hospital has shown higher blood concentrations of insulin by oral liquid application. Even injections will take the insulin 30 minutes longer to reach the same blood levels.

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Not only are liquid nutrients more convenient, they also allow those with irritable bowel syndrome, hiatal hernias, and diverticulitis to take nutrients that may have irritated them in a pill or capsule form. I have sold many nutritional products over the past nine years. In one month, I heard more positive testimonies from patients taking their nutrition from a liquid source than all the nutrients I have ever sold combined. I can't keep them in stock.

### **The Facts are the Facts.**

To purchase Liquid vitamins go to the Pro shop above and click on supplements by brand and then click on All TEAM FITNESS PICKS.

"The Truth Hurts" By Graham P. Jones MD Medford New Jersey

I have been in the Family Practice of medicine in for almost thirty years. As of this year, one trillion dollars have been spent on medical care, and less than 5% of that has been used for preventive health. I am absolutely committed to the wave of change sweeping America to transform our primary focus to disease prevention. For most of my career, I had been ignorant of nutrition and nutritional supplements and had advised patients to stop wasting their money on vitamins, etc. How very wrong I was! Now I am in the process of preserving my own health and inviting my patients to join me on this very exciting journey.

The first thing I advise you to do is to get a qualified nationally certified personal trainer with a strong background in nutrition. Then have your family gift you with a 90-day contract for at least twice weekly sessions. He/she will direct you toward proper exercise, nutrition, and nutraceuticals. After three months, you will enlist your spouse and loved ones to join you--with Passion!

Co-equal with sedentary lifestyle, the most widespread dereliction in America is insufficient water drinking. Since the human body is made up of more than 70% water, how can one remain healthy being at least borderline dehydrated, as 95% of Americans are daily?

The next most serious shortfall in America is minerals, which are essential to normal body composition and function, and without which vitamins cannot operate properly. Ninety-eight percent of us are lacking many of these essential elements.

Medical experts agree: we should be living routinely to the age of 120 to 130--and not just as demented, frail, sickly men and women! Much of our disease is caused by our environmental pollution. But we are not helpless in the face of this attack! We know about free radicals and how they are neutralized by antioxidants.

It is estimated that we will be spending two trillion dollars on health by the year 2005 !! If we were to increase our personal expenditures just a few percent on preventive health, just imagine how much we could reduce that immense sum! Join me in this preventive health revolution! Get off your comfortable couch, contract a trainer, and start taking vital vitamins, minerals, antioxidants, and water--TODAY !!

U.S. Pharmacist is a monthly journal dedicated to providing the nation's pharmacists with up-to-date, authoritative, peer-reviewed clinical articles relevant to contemporary pharmacy

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practice in a variety of settings, including community pharmacy, hospitals, managed care systems, ambulatory care clinics, home care organizations, long-term care facilities, industry and academia.

### **Realities of Alternative Therapies**

**Michael Montagne, Ph.D.**

**Rombult Professor of Pharmacy, Massachusetts College of Pharmacy & Health Sciences, Boston, MA**

The alternative medicine movement has grown considerably in the United States over the past decade. Most of the interest in using alternative therapies is generated by consumers. Health professionals usually express a combination of enthusiasm and concern. Most pharmacists, trained as allopathic healers (the biomedical, scientific approach to medicine), are not familiar with the benefits and risks of these therapies. Clinicians may lack education or training in alternative therapies, or they may not appreciate the belief system that forms the basis for a person's healthcare decisions. (Alternative therapies may be considered "traditional" in some cultures.) Most pharmacists, however, agree on one thing: consumers are using a variety of substances to address their health concerns, and pharmacists need to counsel these patients and monitor their drug-taking behaviors.

Thinking that people use alternative therapies because they are gullible, fearful, or alienated does not indicate a caring, professional attitude focused on the individual patient's needs and concerns. It is interesting to note that most all of the words used by conventional health professionals to describe reasons why people choose alternative therapies tend to be pejorative, paternalistic, sarcastic, ethnocentric, or negatively biased in some way.

The only reason that typically is stated in at least neutral terms is that alternative therapy users tend to hold strong beliefs toward the philosophical approach underlying them.

Illness, particularly a disease with poor prognosis or no known scientifically based treatments, represents very difficult situations for patients and their loved ones. If a patient has tried unsuccessfully every known conventional treatment, and if his/her prognosis is poor, most health professionals would be willing to let the patient pursue alternatives, with some form of monitoring. Yet, some health professionals would deny such people those alternatives because they are unable to place the individual patient's needs in context.

### **Pharmacy's Future with Alternative Medicine**

What is going on with the ever-growing, \$18 billion consumer-driven market for herbals, homeopathic remedies, nutraceuticals, and dietary supplements, and what does it all mean for pharmacy? The bigger picture pertains to the future role of pharmacy in healthcare. As Crellin has summarized, "It should be clear that a uniform response from pharmacy to alternative medicine is hardly to be expected, [and that] the alternative medicine movement challenges pharmacy to examine its attitudes not only to alternative medicine, but also to pharmaceutical care."<sup>9</sup>

Pharmacists should not become involved in alternative medicine solely on the basis of an economic incentive or because it is a consumer-driven movement. As Ara der Marderosian

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has noted in responding to pharmacists' concerns about alternative therapies, "We are all taught in science that we must keep our minds open to all treatment modalities, for today's seemingly crazy treatment may become tomorrow's accepted practice. We need only to remind ourselves of how bizarre smallpox vaccination once seemed, how a mold (penicillin) may have curative powers, how willow bark (salicin) was the grandparent of aspirin, and more recently how capsaicin (from hot pepper) was shown to have bona fide analgesic properties due to its ability to deplete substance "P" which is involved in pain transmission. This is an age of experimentation in which pharmacists must help by guiding patients properly, particularly paying attention to their belief systems and adding their wisdom for successful medical management."<sup>10</sup>

As health professionals, it is important to put patients first and to orient care around their individual needs. This is the basis of the pharmaceutical care revolution. If pharmacists think that substance-based alternative therapies, especially those with clinical evidence of effectiveness and profiles of safety, are not their concern or responsibility, then perhaps they need to reconsider the true meaning of the term "pharmaceutical care." On the other hand, if a pharmacist is currently stocking and selling alternative therapies in their pharmacy, then they already have assumed responsibility for patient care. Ignoring that responsibility basically means that one of the myths might be reality; they are in it for the money.

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## MISCELLANEOUS

**QUESTION:** Does anyone have a comparison study between our Isotonix and Shaklee products?.

**RESPONSE:**

I don't have a study, but I do have a personal experience. I took Shaklee vitamins for years because I had a doctor who sold them. I took Shaklee vitamins through two pregnancies (handfuls of them at a time) and didn't notice any changes. In fact, I had terrible leg cramps and heart palpitations- which I later learned were connected to calcium deficiencies - even though I was taking a lot of Shaklee calcium tablets. Toward the end of one pregnancy my doctor suspected I may be carrying twins, so he did an X-ray (this was 20 years ago) to find out. When he called me in to look at the X-ray (only one baby thank goodness), I saw groups of white spots scattered all through the intestinal area. I asked the doctor what those were, and he casually said "Those are your vitamins" So I asked him " Wasn't I supposed to digest those?" He didn't really have any comment- just said: - "We see those all the time on x-rays". I couldn't believe it! What was showing up on my x-ray wasn't just the vitamins I took that morning, but the ones I took the day before, and the day before that as they worked their way basically unchanged through my digestive tract. What a waste of money! I was spending a lot on those vitamins and couldn't really afford it. I asked the doctor (he was actually a naturopath) if I could have my x-ray (I considered it a baby picture) and I have actually taken it to second looks to show how well a young woman digests vitamins.

It's pretty convincing. I started taking a liquid calcium after that and my leg cramps and heart palpitations went away. No wonder people feel so much better on Isotonix!

Gail Weekly, Roseburg, Oregon

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## THERMOCHROME LINE

Market America is a company dedicated to identifying product breakthroughs and new and new innovative products and introducing those products to the public through its independent distributors in the Mall Without Walls. Undoubtedly one of the most exciting and successful stores in the Market America's Mall Without Walls has been the Health Power and Nutritional Store.

In January of 1993 Market America introduced the revolutionary new product ThermoChrome 5000 which has helped tens of thousands of people get results on their weight loss or fitness programs. ThermoChrome 5000 is an extraordinary proprietary formula including Chromium Picolinate, L-Carnitine and synergistic combinations of herbs without caffeine. Literally millions of dollars of the product are consumed every month by faithful believers who have experienced the positive results. In fact ThermoChrome 5000 has become a household word across America. Now Market America is introducing a family of thermogenic products to address new discoveries in this area as well as to product a system of products which fill the needs of people with different metabolisms, life styles and for people who have achieved results of ThermoChrome 5000 and are in need of a maintenance program.

Thermogenesis is the term used to designate the metabolic process by which the body converts calories into heat. In other words Thermogenesis results in the wasting of calories as heat and you losing unwanted pounds. ThermoChrome system of products help to promote Thermogenesis. Secondly the USDA has determined the majority of Americans may not get enough chromium in their diet. In fact dietary substances such as sugars and fat greatly increase the demand for Chromium in our system. Chromium is best recognized as its role as an essential insulin co-factor. What that means is it affects the usage of insulin. Deficiencies in Chromium can impair insulin performance affecting energy production, fat burning, lean muscle maintenance and cholesterol utilization.

All ThermoChrome products when taken as directed provide sufficient levels of Chromium which help the glucose tolerance level, sugar cravings and help prevent loss of lean muscle mass while dieting. L-Carnitine is also contained in ThermoChrome products and is an essential ingredient for Chromium Picolinate to be effective. They work together - the synergistic herbal formula helps promote thermogenesis. So we have ThermoChrome 5000 and it is a great product to begin your program. For those who need a boost but don't want caffeine or jitters ThermoChrome 5000 is a great product. ThermoChrome 5000 is an all natural special blend of elemental chromium and herbal food concentrates. Together they have a synergistic effect that works for you by stimulating the thermogenesis process in your body and making your body more sensitive to insulin. Those are the two things that it does - it helps stimulate the thermogenesis process and it makes your body more sensitive to the insulin it's already naturally produced by our own bodies.

Being overweight is one of the major causes of insulin resistance in our body. As we grow older our body begins to resist insulin. Excess body fat has a tendency to make the body cells less responsive to the naturally produced insulin. This has been found to lead to a vicious cycle in which weight gain leads to insulin resistance which in turn impairs hunger control and thermogenesis leading to even more weight gain. Because of a dietary scientific breakthrough

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ThermoChrome 5000 can help break this vicious cycle. Chromium Picolinate and Chromium and Chromium Proteinase in combination with L-Carnitine have a positive effect on this process when used by dieters as part of an overall weight reduction program.

As a culture we all know that Americans consume excessive amounts of calories as sugars and carbohydrates along with relatively high amounts of unsaturated fats. We do not however require the energy that those calories provide for our daily living. We just get too many calories, thus the body stores the excess energy as fat which is potential energy. The hormone which is involved in this process is insulin. The body responds to a high carbohydrate diet by producing insulin. This hormone helps to metabolize carbohydrate, store protein, store fat, inhibit the breakdown of fat into energy. Ideally you need to produce and utilize an optimum not a maximum amount of insulin. There are other factors as well such as poor digestion and elimination, inadequate intake of fresh fruits and vegetables, poor exercise habits, excessive stress and genetics that can all contribute to being over fat or overweight. Popular current theory and practice show that certain fat cells respond to a group of biologically active substances in a thermogenic manner. These substances include the adrenal hormone and substances chemical related to them such as ephredine-like molecules which is in Ma Huang. Now Sida cor

Now Sida cortifolia is a herb indigenous to India and contains thermogenic initiators. Traditionally Indian medicine use their herb in a manner similar to how the Chinese use Ma Huang, but it is also used as a tonic - as an activator - it gets things going.

The next product in the ThermoChrome family is a revolutionary breakthrough, its Isochrome. It is also in our Isotonix line, but it is an ultimate chromium maintenance product. It is in Isotonic form for maximum absorption and contains a daily supply of Chromium Picolinate and Co-enzyme Q10 - the breakthrough ingredient. It is actually two products in one, it is a Chromium supplement and a Co-enzyme Q10 supplement. There is no metabolic stimulation and there is no caffeine. This is a beautiful product for someone who wants to keep their Chromium level up and enhance their health while they maintain their weight or maintain their fitness program once they have achieved the results.

Isochrome is a unique combination of vitally important compounds that provide specific nutrients that can enhance the effectiveness of most weight loss and fitness programs. Included in Isochrome are ingredients that are considered key nutrients in the body's production of energy. The remaining nutrients are there to assist the other ingredients and to optimize the overall effectiveness of the formula and each ingredient is a carefully tested nutritional substance with abundant scientific studies to document safety and effectiveness. Isochrome provides a daily supply of Chromium Picolinate and it is absorbed more quickly and more completely because of the Isotonix formula. Isochrome is also excellent source of Chromium for people who are instructed by their physician not to take ThermoChrome or for people who do not need an energy boost. So if people cannot handle stimulation or a very strong Thermogenic effect and they still want to lower their glucose tolerance level and they need Chromium in their blood stream Isochrome is the product for them.

Co-enzyme Q10 is an essential nutrient that supplies the biochemical spark that creates cellular energy. Extensive clinical studies have documented that Co-enzyme Q10 is an

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integral part of the Mitochondria or the subcellular components that are responsible for generating about 95% of the total energy required by the human body. The Mitochondria really the breathing mechanism if you will in our cells. Organs such as the heart, liver, kidney, spleen and pancreas which requires vast amounts of energy should contains high levels of Co-enzyme Q10. In fact University studies verify that as levels as Co-enzyme Q10 decline to 25% deficiency these organs cannot meet their energy requirements and major health problems can result.

Hundreds of scientific and clinical studies worldwide have shown that Co-enzyme Q10 nutritional supports cardiovascular health and supports the body's immune system functions, and energizes your body's cells to provide stamina, provides healthy gum tissue and much, much more. But Isochrome is really two products in one. Normally one has to buy a Chromium supplement and a Co-enzyme Q10 supplement separately. Isochrome gives a full daily supply of both in one product. Now there are some other ingredients that are in it too that are important, Isochrome not only contains Chromium and Co-enzyme Q10 but L-Carnitine, Vitamin B2, Vitamin B6 and Lipase. These ingredients work synergistically enhancing the product's effectiveness and in helping to increase stamina.

So what is the advantage in being in Isotonic form. Isochrome is an Isotonic formula which offers a more effective nutrient delivery system which allows absorption in ones body in minutes. Nutrients must be in an Isotonic state to be absorbed or used by the body. With traditional supplements or tablets, the stomach must begin to digest the products to break the products down into an Isotonic state and a large portion of the nutritional value is lost in the process. With Isochrome however you get over 90% absorption in less than 10 minutes as compared to the average of 50% absorption over 40 minutes to one hour with tablets or capsules.

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## COMMENTS & RECOMMENDATIONS

**BY**

**JOEL LENKER**

**Joel Lenker** is a nutritionist in York Springs, PA who is a wealth of information on our health and nutrition line. Recently in York, he spoke at a local seminar and gave some guidelines on our product recommendations for specific ailments. He stressed..."we are not doctors, do not diagnose or treat. Advise patients to see a doctor." What he has found is that the following combinations work best with the illnesses listed below:

### **Allergies/Asthma**

OPC-3 - high loading dose - 1/2 to 1 mg per pound of body weight

Vitamin C - 2-3 caps per day - 4 hour intervals \*\* note kidney warning

Mineral Blast - 1 cap every other day

**Optional:** Antioxidant - 1 cap every other day; B-12 - 1 cap every other day

Aloe 2-4 oz per day

### **Arthritis:**

OPC-3 High Loading dose - 3/4/5 caps a day (you can't put out a fire, with a dixie cup)

Maintenance dose of 1mg per pound of body weight

Vitamin C - 2-3 caps a day spread over 4-6 hour intervals

Note: If any kidney problems check with a doctor before Vitamin C in quantity

Mineral Blast - 1 cap every other day

**Optional:** Anti-oxidant 1-2 caps per day and Aloe 2-4 oz per day

### **Common Cold:**

OPC-3 loading dose until it passes

Mineral Blast - 1 cap daily until it subsides

Vitamin C - 2 caps every 3 hours until it subsides \*\* see kidney warning

**Optional:** Aloe 2-4 oz per day

TC Select 2 at 10am, 2 at 3pm - like Sudafed (pseudo-ephedra)

### **Fibromyalgia:**

OPC-3 - high loading dose, then 1-2 mgs per pound of body weight

TC 10000 or Select (usually 10000 works best with Fibromyalgia)

Aloe 4-6 oz per day

**Optional:** Vitamin C - 2-4 caps per day \*\*\* see above about kidneys

Mineral Blast - 1 cap every other day

### **General Health:**

OPC-3 Loading dose - then 1/2 to 1 mg per pound of body weight

Vitamin C - 1/2 to 1 cap in the am, 1/2 to 1 cap in the pm

Multitech - 1 cap per day

**Optional:** Aloe 2-4 oz per day; Mineral Blast - 1 cap every 2-3 days

### **Headaches:**

OPC-3 high loading dose - then 1/2 to 1mg per body pd. per day

Calcium Plus - 1 cap in am - 1 cap before bed

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**Optional:** B-12 - 1 cap per day; Mineral Blast - 1 cap every other day

**High Fat/High Sugar Diet:**

OPC-3 - High loading dose, then 1/2 to 1 mg per pound of body weight

Vitamin C - 1-2 caps every day - 6 hour intervals \*\* kidney warning

ThermoChrome Products

Isochrome - 1-2 caps per day (don't go over 400 micrograms of chromium per day)

**Inflammation:**

OPC-3 - high loading dose, then 2 mg per body pound per day until you see relief then 1/2 to 1 mg per body pound per day.

Vitamin C - 2-4 caps/day in 4 hour intervals

Mineral blast - 1 cap every other day

**Optional:** Aloe - 2-4 oz per day; B-12 - 1 cap daily

**Osteoporosis (Man Made Disease - caffeine leaches calcium from our bodies)**

Calcium Plus - 1 cap in am - 1 cap in PM

(ours contains Boron which helps retain 43% more calcium)

Mineral Blast - 1 cap every other day

**Optional:** Vitamin C - 1-2 caps a day (taken with Calcium will enhance your absorption by 100%); B-12 - 1 cap per day

**Weight Problems:**

TC Select, 5000, 10000, or Booster (Joel starts 90% on Select with 1 in am and 1 in afternoon for a week to avoid start up jitters)

**Note:** Most fat burning (thermogenic) product we have is TC Booster

\*\*\* Check with your doctor to okay first for diabetics

**Optional:** Isochrome (if can't take TC) - 1 cap am, 1 cap pm

Maintain One 2 - 30 min before lunch, 2 - 30 minute before supper with full 8 oz water

\*\*700% more effective if done 2x per day (keeps carbohydrates from turning into fat.)

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\*\*\*\* 1 cap of OPC-3 contains 75 mgs;

\*\*\*\* Be sure to have anyone with kidney problems check with their doctor before loading Vitamin C

\*\*\*\* Average American gets less than 100 mg of calcium per day and if they smoke, each cigarette depletes 24 mg of calcium.

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## **TIDBITS:**

Nine of ten will die of heart disease or cancer. Since 1950 cancer has increased 44%; heart attacks occur every 20 seconds - 400 per day

Less than 10% eat the recommended foods - food pyramid

Turn of the century wheat was 40% protein, now 9%

Univ. of California at Berkley study shows 98% of Americans are under nourished; 6 of 10 deaths can be related to nutritional deficiencies.

John Hopkins study in 1994 showed taking Anti-oxidants cut skin cancer by 70%; 99% of calcium we need is used by our 206 bones and 32 teeth

Prescription Drug Reactions are 3rd Leading cause of death in America (nobody ever shows that though do they!!!!!!!)

Majority of Prescriptions do not cure, they relieve symptoms

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## **A WORD ABOUT COENZYME Q10:**

Every cell must have energy to survive and function. Coenzyme Q10 is needed for energy in every normal cell of the human body. In fact, Dr. Karl Folkers, winner of the Priestly Medal for his work on CoQ10, has declared, "We know today that CoQ10 is essential for life to exist." However, it has been confirmed that common manufacturing processes such as the refining of grains will remove most of the CoQ10 previously present in foods. Also, stressful environmental and lifestyle factors can deplete CoQ10 from bodily tissues. Studies have shown that if the essential levels of CoQ10 are allowed to decline, and the body's vital organs and systems cannot meet their energy requirements, serious health concerns may arise. Furthermore, with advancing age the body begins to lose its ability to supply CoQ10, making supplementation advisable.

**CoQ10 = Energy = Life by Health Counselor, Vol. 6 No. 1**

**Without coenzyme Q10 our bodies would be unable to fight infection and ward off disease.**

It's been called a cure-all and a miracle nutrient. It's coenzyme Q10 (CoQ10) and it helps create the energy needed for our cells to survive and thrive. In addition to its energy-producing ability, CoQ10 has been shown to have antioxidant activity by fighting free radicals and strengthening cell membranes.

According to the authors of The Real Vitamin Book, "Because coenzyme Q10 is synthesized in the cells, it isn't a true vitamin." Although it has been shown to be vital to every living cell, most of the research regarding CoQ10 has shown that it specifically can strengthen the heart, boost the immune system, and actually help extend life.

## **COQ10 FOR A STRONG HEART**

Researchers reporting in the American Journal of Cardiology (1985) concluded that 150 mg. of CoQ10 given daily to heart patients strengthened the heart, allowing it to reach higher levels of energy before pain or oxygen deprivation occurred. In addition, the same journal reported in 1990 that CoQ10 prolonged the life of patients with cardiovascular disease by years, and in some cases the disease was eliminated entirely.

Julian Whitaker, M.D., wrote in his newsletter Health & Healing that many patients discontinue their heart medication with the aid of CoQ10.

Researcher Peter H. Langsjoen, M.D., has been studying the effects of CoQ10 for three decades and has discovered that patients can reduce their heart medication by 40 to 50 percent, with 25 percent becoming medication-free thanks to the CoQ10.

"Although it has been shown to be vital to every living cell, most of the research regarding CoQ10 has shown that it specifically can strengthen the heart, boost the immune system, and actually help extend life."

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According to The Real Vitamin Book by Shari Lieberman and Nancy Bruning, "A number of clinical trials suggest that using CoQ10 benefits people with angina, with minimal adverse side effects... In one study CoQ10 was found to be as effective as drug therapy for angina."

Dr. Karl Folkers, the father of CoQ10 research, believes "cardiovascular disease may be very significantly caused by a deficiency of CoQ10. "

## **BOOSTING BODY DEFENSES**

The immune system is the body's complicated way of protecting us from disease and infection. The immune system is a constant cellular battleground. And it is here that CoQ10 can play a crucial support role by strengthening and boosting immune defenses.

Fighting off illness requires many of the cells of the immune system to become active. Because this activity needs a great deal of energy on the cellular level, CoQ10 is necessary to stimulate this important energy production.

Various clinical studies suggested that CoQ10 may cause the body to produce significantly higher levels of antibodies.

These studies provide decisive indication of the indispensable role played by CoQ10 in maintaining optimal effectiveness of the immune system.

## **WHO NEEDS IT**

"Anyone who has a serious illness or wishes to avoid one," believes Dr. Whitaker, "needs to be taking CoQ10."

According to Parris M. Kidd, Ph.D., and Wolfgang Huber, Ph.D., "in the United States as many as 75 percent of people over 50 years old may be deficient in CoQ10." Furthermore, it has been shown that the levels of CoQ10 in human tissue decreases with age.

"It has been documented that powerful antioxidants, like CoQ10, can help destroy damaging free radicals and may extend the quantity and quality of life."

Chronic illness, stress, and malnutrition saps our bodies of crucial supplies of CoQ10. It has been documented that powerful antioxidants, like CoQ10, can help destroy damaging free radicals and may extend the quantity and quality of life.

## **SOURCES AND TOXICITY**

CoQ10 seems to be an extremely safe nutrient. "Even in high doses, there are few adverse effects when using CoQ10," according to The Real Vitamin Book.

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A variety of long-term CoQ10 safety studies have been done over the years with no reports of toxicity. Countless researchers have concluded that CoQ10 is completely safe for human use.

Food sources of CoQ10 include beef heart, sardines, peanuts and spinach, according to The Real Vitamin Book. It is believed that virtually everything once living, which relied upon respiration to produce energy, contains CoQ10. There are varying degrees of CoQ10 in our foods.

Although plants contain CoQ10 by getting it from the soil, it is not known if this form of CoQ10 acts the same way within the body. It is believed that each plant creates a single coenzyme Q compound that is specific to that plant.

## **RECOMMENDATIONS**

Dr. Julian Whitaker recommends that his patients with "symptomatic congestive heart failure take 240 mg. of CoQ10 daily in two 120 mg. doses. For the healthy, 30 to 60 mg. once a day should do the trick."

Although there is no Recommended Daily Allowance (RDA) established for CoQ10, The Real Vitamin Book recommends between 10 and 300 mg. per day. Even though some trials have used up to 600 mg., it is best that these higher doses be monitored by a health care professional.

Dr. Whitaker believes the effectiveness of CoQ10 is enhanced when taken with some oil. For improved absorption of the nutrient, he recommends people take CoQ10 with a half teaspoon of sesame oil or almond butter.

## **CRITICAL TO THE EQUATION**

Energy is critical to our cells. Science now tells us, with out CoQ10 there is no energy and therefore there is no life. This critical nutrient may be the missing link to many health problems. Just as we need air to survive, our cells need energy to work. It's a critical component of the overall health equation:

**COQ10 = ENERGY = LIFE.**

**Reprinted with permission from Health Counselor, Vol. 6, No. 1.**

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**THE POWER OF ISOTONIC**

**THE WAY NATURE INTENDED NUTRIENTS TO BE**

**[HTTP://WWW.CHIROECO.COM/MARCHAPRIL98FEATURE4.HTML](http://www.chiroeco.com/marchapril98feature4.html)**

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## DETOXIFICATION OR HEALING CRISIS:

### What is It and What Should I Do About It?

By Dr. Gary Fischbach, M.D.

"... a multitude of factors come to bear on each of us daily, creating billions of destructive free radical molecules. These in turn signal a chain reaction which ultimately leads to many of the degenerative processes we are all too familiar with.

"When we now send 'the cavalry' antioxidants in to confront these demons, an understandable war ensues. Depending on the size of the enemy, this battle can rage for quite some time. "As well, depending on the size of the cavalry, many casualties may be released at once in the form of toxins. This detoxification or 'healing crisis' of the body is sure to be felt for a variable amount of time, and in my experience takes one of a few forms.

"The following is a list of the most commonly experienced detoxification symptoms:

- Sinus
- Constipation
- Cough
- Diarrhea
- Fatigue
- Fever
- Cold Symptoms
- Gas
- Headache
- Irritability
- Moodiness
- Rash
- Itchy Skin
- Flu Symptoms
- Stomach Ache

"This conglomeration of symptoms range from mild to severe and may last anywhere from one day to a few weeks. Gradually building the doses ... will minimize the likelihood, severity, and duration of this detoxification.

"... my experience has shown me that the older the individual and the more severe the medical problem(s), the more profound is the detoxification period. "If one experiences any of the above detoxification symptoms, it is actually a good sign that the compounds are working. However, one now has two choices. The first, is to maintain the recommended dosaging schedule .and tolerate the symptoms for as long as they may last. During this time, it is important to drink a lot of water to help flush out the toxins. The other option is to back off the dose that initiated these symptoms and then build back up more slowly. Even increasing from saturation to double saturation (dose) may initiate this reaction necessitating a drop back and then slower build up.

"Whichever option you choose will depend on your individual tolerability, yet keep in mind that either way, your dosage goal will eventually be achieved."

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**Personal Note:** As of today's date January 3, 2000 none of my OPC-3 customers have ever experienced any of the above symptoms during their detoxification period. Please also note the method or product of detoxification was not mentioned. My personal experience of detoxification using other products does produce the above-related symptoms.

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## RESUME

Of

### Dr. Gary Fischbach, M.D.

Dr. Gary Fischbach, M.D. was born and raised in New York City. He attended one of the most prestigious private high schools in the country, the Riverdale Country School, in N.Y.C. a school also graduating such notables as John and Robert Kennedy, and professional football great Calvin Hill.

He received his B.S. degree from Washington University in St. Louis, MO., majoring in Biology. He then attended one of the finer medical schools in this country, Georgetown University in Washington, D.C., graduating in 1979. This was followed by an Internship and year of residency in Internal Medicine in the Georgetown/V.A. Hospital system. From there he spent two years in Ophthalmology residency at the Medical College of Georgia.

He has been in private practice, both Family Practice and Ophthalmology, in a small Southeastern town for the last 13 years. For the first 11 years of this, he was a partner in the highest volume group practice in the entire country. He has since moved on to his own solo practice in the same town. He has remained on the active staff of his local hospital for these last 13 years, has been Medical Director of a local nursing home, and is an active member of the AMA and his State and County's medical societies. He is perhaps the only physician in this country with over three years clinical experience in the use of the aforementioned natural products. He is a founding member of the Fairborne Institute and remains a pioneer in the use of these natural compounds in medical practice.

To Order a Copy of Dr. Fischbach's Book You can order a copy of Dr. Gary Fischbach's book Nature's Miracles, An M.D.'s Experience, by calling:

HEALTH SOLUTIONS      Phone orders: (405) 330-4060; (800) 256-8402

FAX orders: (405) 341-5131

Email: [hsol@ionet.net](mailto:hsol@ionet.net)

US\$6.95 each plus shipping & handling

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*And*  
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ARE YOU READY TO TAKE CHARGE OF YOUR OWN HEALTH AND THAT OF YOUR FAMILY? OR ARE YOU ONE OF THOSE WHO BLAME ALL YOUR TROUBLES ON THE MEDICAL PROFESSION? COULD YOU IMAGINE WHAT WOULD HAPPEN IF EVERYONE IN AMERICA WHO THINK THEIR DOCTORS ARE RESPONSIBLE FOR THEIR POOR HEALTH AND UNHAPPINESS WOULD EXAMINE THEMSELVES AND REALIZE THEY ARE RESPONSIBLE FOR THEIR OWN HEALTH AND LONGEVITY. SCIENTISTS CLAIM WE ARE THE VICTIMS OF OUR OWN HABITS BECAUSE MOST DEGENERATIVE DISEASE AND LIFE THREATENING ILLNESSES ARE LIFESTYLE RELATED. THAT MEANS CONSCIOUS CHOICES CAN MAKE A DIFFERENCE IN HOW YOU FEEL, HOW HEALTHY YOU REMAIN AND HOW LONG YOU LIVE. WE BELIEVE THESE DECISIONS ARE TOO IMPORTANT TO LEAVE TO YOUR DOCTORS.

IF YOU WILL BE WILLING TO TAKE MORE PERSONAL RESPONSIBILITY FOR YOUR OWN HEALTH AND READY TO GET THE MOST OUT OF THIS LIFE FOR YOU AND YOUR LOVED ONES, THEN THE INFORMATION IN THIS BOOK COULD CHANGE YOUR LIVES.

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