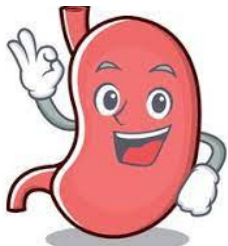


Keep Your Stomach Smiling Part 2

This month we'll discuss what happens beyond the stomach deeper in the digestive tract. Last month we established that often the first step to finding a solution to digestive disorders is recognizing that digestion doesn't begin in the stomach, it begins in the mouth. **Chewing is extraordinarily important to good digestion.** An excellent rule of thumb is to chew your liquids and drink your solids. Chewing solid foods 30-50x (or more) per mouthful until they liquefy obviously breaks down food into smaller pieces but possibly more important, injects saliva into the process. Saliva contains enzymes critical to good digestion. Chewing more liquid foods like soups (and beverages) also improves digestion, again because of the addition of saliva.

Avoiding ice cold drinks while eating (which can constrict blood vessels and restrict the release of other enzymes and digestive juices in the stomach) and chewing thoroughly will alleviate a large percentage of digestive woes. But what if your problems run deeper and involve "leaky gut syndrome," food allergies, IBS, or other challenges?

A thousand years ago doctors believed many ailments originated from imbalances in the digestive tract. This was called hypochondriasis. (In Ancient Greek, hypochondrium refers to the the abdomen between the breastbone and the navel.) However, as science became more "sophisticated" doctors appeared to have diminished the significance of the digestive tract as a possible cause of disease and began using the word "hypochondriac" to describe people with no discernible illnesses at all beyond having an irrational fear of illness.



But what if this ancient concept of many illnesses originating in the gut is valid? Medical research is booming today with studies showing that modifications in the intestinal bacteria and inflammation can play a large role in the development (or ultimately cure) of many common problems and chronic diseases.

When properly functioning, our intestinal lining (amazingly only 1 epithelial cell thick) forms a flexible barrier that carefully controls the minuscule digested nutrients that are permitted entry into the bloodstream while separating them from the wastes, toxins and (unwanted) microorganisms such as Candida and parasites that are prevented entry and excreted from the body. However if our intestinal lining becomes chronically inflamed, damage can occur creating gaps that allow passage of larger inappropriate particles through the intestinal wall into the bloodstream. These antigens may then pass into the lymph glands, lungs, liver and other organs, potentially producing a variety of ailments. Conditions traced to "leaky gut" include: weakened immune function, fatigue, irritability, lethargy, hyperactivity (in children), autism, mood swings, muscle and joint pain, sleep disturbances, poor concentration and memory, chronic fatigue, and fibromyalgia.

What creates the chronic inflammation that can cause leaky gut?



**- SEE INSIDE FOR -
Effective Tool For Skin Cancer Prevention
Critical Supplement For Heart Challenges
The Sunshine Salad Bar Is Back !!!**

Excess consumption of sugar, alcohol, NSAIDS (Tylenol, Advil, aspirin, etc), Prednisone, and even stress often play major roles. Sensitivities/allergies to certain foods if eaten regularly can also be a cause.

Repairing the Gut Lining

Reducing the causes and determining possible food allergies is of paramount importance. While there is great individual variation, the first step in self-diagnosis is eliminating or reducing the most common culprits: sugar, dairy, unfermented soy products, wheat and other gluten-containing foods such as oats, barley, and rye. Some people do much better with no grains at all, more of a paleo approach. Eliminating or greatly reducing NSAIDS may also be necessary. Very simply, if you eliminate those items for a few days or weeks and your symptoms diminish or disappear you're likely on the right tract. You can then go back and add those foods one at a time and see how your body reacts. Not to worry, delicious dairy-free ice creams and gluten-free pastas are commonly available.

Generally, if not severely damaged your intestinal lining heals very quickly. Separately or together, natural supplements that can help accelerate and maintain the healing process include: Probiotics, aloe, slippery elm, marshmallow root, DGL, chamomile, zinc carnosine, and glutamine. Natura (an Ashland based company) produces a comprehensive soothing and healing formula in capsules called **Digest Mend**.

Once inflammation levels are down and your gut lining heals up many people have found that health challenges they've suffered with for many years simply disappear and their happy stomachs are able to smile again.

The Heart Supplement Doctors Should Be Prescribing

I spotted a mature couple browsing the aisles last week and unfortunately the husband was carrying supplemental oxygen. Based on their questions I guessed: *Congestive heart failure right?* Their affirmative answer led me to a question of my own: Has your cardiologist recommended Co-Q-10? Unfortunately their answer was no. While not surprised, this still blows me away.

For people diagnosed with congestive heart failure and other heart issues a mountain of independent peer-reviewed research proves that Co-Q-10 is one of the first things his doctor should have recommended.

Co-Q-10 (Coenzyme Q-10) is a vitamin like substance made by our bodies from dietary raw materials. All of our muscles need Co-Q-10 to process oxygen for energy. **Since our heart is our most oxygen intensive muscle (uses the most oxygen for its size) it is very dependent on Co-Q-10.** Biopsies show that about 2/3 of the people with heart disease are deficient in Co-Q-10. Another serious consideration is the fact that in the US more than 25% of adults over 40 are now using cholesterol reducing statin drugs. Statin drugs are notorious for reducing our body's ability to manufacture Co-Q-10. That's why people using statins often complain of muscle pain and fatigue - they are Co-Q-10 deficient. The good news is that **correcting Co-Q-10 deficiency with supplements has created impressive results.**

There have been at least 8 international conferences on the clinical aspects of Co-Q-10. 3,000 papers submitted by 200 different physicians and scientists from 18 countries. Most focused on heart disease and were remarkably consistent. The conclusion: **Heart function is significantly improved by Co-Q-10 while producing nearly no adverse side-effects or drug interactions.** Most who used it also felt more energy.



Co-Q-10 can make exercise easier

One study showed improvements in 82% of cases. The 2-year survival rate for these patients was 62% vs 25% for similar heart patients given conventional drugs. **In short 2 ½ times as many patients might have been alive after 2 years had they chosen Co-Q-10 instead of pharmaceuticals.** Another was done on 80 patients with heart disease who were administered 100 mg/day of Co-Q-10 orally for 12 weeks. 89% showed significant improvements in the amount of blood their hearts pumped (the ejection fraction), reduced shortness of breath, and increased muscle strength. The improvements lasted as long as they continued using Co-Q-10.

I know from 2 experiences in my immediate family that some **highly regarded mainstream cardiologists amazingly still do not recommend Co-Q-10 until you ask them about it.** Only then did they encourage it for my relatives. The only reasons I can think of for this "oversight" must be because it's not patented and the doctors weren't told about it in med school.

For more details ask for our free Co-Q-10 brochure with local success stories from people who extended their lives using Co-Q-10. The older you are the more benefit you're likely to receive from using it. Our customers' stories are very impressive.

The Sunshine Salad Bar Is Back!!!



Salad Bar Hours: 10:00-3:30 M-Sat

Everything Else On Our Menu Available

9-5 M-F and 9:30-4 Saturday

Abundant Gluten-Free And Vegan Selections

Store Hours 9-6 M-F, 9:30-5 Saturday

Common Skin Cancers Reduced By 23% in High-Risk Patients

According to a report published on the US National Library Of Medicine website, a specific form of vitamin B3 supplement called **nicotinamide** cut the rate of new squamous-cell and basal-cell skin cancers by 23% compared with placebo after 1 year among patients at high risk for skin cancer. Nicotinamide also reduced the risk for developing actinic keratosis, a common pre-cancer of the skin. The results were reported at an annual meeting of the American Society of Clinical Oncology.

These studies mirror the recommendations of local dermatologists in saying that it should be taken for prevention and that continuous treatment is advised. Protection waned when the product was discontinued.

Lead researcher Dr Diona Damian stated: "This preventive treatment has no side effects. Unlike niacin, another form of vitamin B3, nicotinamide does not cause headache or increased blood pressure."

Some forms of nicotinamide are more bio-available than others. Sunshine carries **Life Extension brand Nicotinamide Riboside** which is a smaller molecule than other commonly available forms and appears to be capable of providing greater absorption and increased benefit often helping people feel more energy as well as reducing the risk of skin cancer.

Healthy Cholesterol Status Update

New **ETA**: First week of August. Thank you for your continued patience. We will of course honor the July advertised sale pricing thru the end of August. **Please call to confirm availability.**