

HSI Advisory Panel

Medical Adviser, Martin Milner, N.D.
Professor, National College of Naturopathic Medicine; President, Center for Natural Medicine, Portland, OR; www.cnm-inc.com

Jon Barron
International lecturer, researcher, and author, Chatsworth, CA

Eric Berg, D.C., C.R.A.
Founder, Health and Wellness Center, Alexandria, VA

Hyla Cass, M.D.
Orthomolecular physician and psychiatrist, www.cassmd.com, Los Angeles, CA

Richard Cohan, D.D.S., M.A., M.B.A.
Professor, University of the Pacific School of Dentistry, San Francisco, CA

M.M. Sree Ganesh, M.D.
Family practitioner, holistic and natural medicine, Petaling Jaya, Malaysia

Ann Louise Gittleman, Ph.D., C.N.S.
Award-winning author, columnist, and media personality, www.annlouise.com, Hayden Lake, ID

Elson Haas, M.D.
Director, Preventive Medical Center of Marin, www.elsonhaas.com, San Rafael, CA

Kohhei (Tadahiro) Makise, M.D.
Medical director, Kyoto Imadegawa Makise Clinic, Kyoto, Japan

Claus D. Martin, M.D.
Founder, Four Seasons Medical Center and Clinic, Rottach-Egern, Germany

Stephen Morrissey, O.M.D.
Founder, Center for Energetic Medicine and Botanica Bioscience, Ojai, CA

Linda Page, N.D., Ph.D.
Classical herbalist and author, Carmel Valley, CA

Michael E. Rosenbaum, M.D.
Allergy, immunology, and clinical nutrition, Corte Madera, CA

Al Sears, M.D.
Adjunct professor, Barry University, West Palm Beach, FL

Robert Sinnott, Ph.D.
Biochemical technologies and research, Phoenix, AZ

Allan Spreen, M.D.
Advisor on alternative medicine, Discovery Channel, Phoenix, AZ

Leslie Taylor
Founder and president, Raintree Nutrition, Carson City, NV

Randall Wilkinson, M.D.
Board member, American Academy of Environmental Medicine, Coeur d'Alene, ID

The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.

The million-year-old detoxifying miracle dredged up from a prehistoric lava lake

by Alicia Potee

I don't know, maybe it's the name... *Sacred Healing Clay*. It just conjures up images of drum circles heavy with incense. Or maybe it's the idea that rubbing a gooey paste of clay on your body could pull toxins out of your skin...not to mention from your internal organs.

The lack of clinical evidence didn't help any. Its own distributor admits he doesn't understand the clay's curative properties. So it's safe to say that my first reactions to the substance they're calling Sacred Healing Clay were skeptical. *Very* skeptical.

But there's one thing I couldn't overlook: the sensational first-hand accounts from loyal customers—claims that it wiped out severe flare-ups of shingles, dramatically decreased blood pressure levels, and doubled both energy and sleep quality. These were bold stamps of approval—and ones that I just couldn't ignore.

So what do I do? Tell you about a product based on a few striking testimonials that swear by it? Or do I wait until the scientific community vouches for its merit before I share the exciting (not to mention double-blind and placebo-controlled) news with you?

You already know the answer to this dilemma. Choosing untested products can be a gamble—but it's one that we've seen pay off handsomely more than once. And if Sacred Healing Clay actually delivers what it promises—not least of all, freedom from debilitating pain and disease—I'm pretty sure trying it is a

chance worth taking.

In fact, it was just this kind of chance that paid off for Dorman Cox. He's the founder of Eee-Wah-Kee, LLC—the company that's putting this special clay on the natural health map. Having been in the clay harvesting business for years, Cox already knew how beneficial it was for the earth. But all it took was one bizarre suggestion to open his eyes to the healing goldmine (or *claymine*, as the case may be) before him.

Essential healing for the earth and your body

Cox suffered from severe stomach ulcers his entire life. But after following desperate regimens of prescription drugs and antibiotics, and even experimenting with different herbs, he still couldn't find relief. Each week saw him downing bottles full of Maalox and several packages of Tums and Roloids—all just to make it through the day without pain.

He thought he'd heard it all—until his friend Ray, an Oregon clay miner, suggested that he try eating a little of the clay he harvested. Ray knew someone who had cured a nasty case of food poisoning this way—so with a sense of humor, and nothing to lose, Cox decided to take his advice. To his amazement, his stomach was almost completely healed after only 10 days of treatment.

Cox's recovery might strike you as miraculous—until you consider the

(continued on page 2)

Inside Panelist shares new research behind fatigue-busting, heart-boosting formula 4

Attention Lyme disease sufferers: Get exclusive access to a breakthrough cure 5



Our Mission

The *Health Sciences Institute* is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

Director

Jenny Thompson

Associate Director
Paul Amos

Copy Editor
Ken Danz

Managing Editor
Alicia Potec

Designer
Ramsey Brisueño

Contributing Writers
Robert P. Stuart
Michele Cagan

Member Services
Tim Ford

To contact the Health Sciences Institute members services hotline, please call (915)849-4614, fax to (410)230-1273, or write to Health Sciences Institute, 819 N. Charles St., Baltimore, MD 21201. All cancellations should be mailed to P.O. Box 206, Baltimore, MD 21203. You may also contact a member services specialist via e-mail at service@HealthierNews.com.

Your private Members Alert is a monthly publication of the Health Sciences Institute. ©Copyright 2007 Institute for Health Sciences L.L.C., 819 N. Charles St., Baltimore, MD 21201. Published monthly for \$74 per year (\$6.16 an issue). POSTMASTER: Send address changes to Health Sciences Institute, 702 Cathedral St., Baltimore, MD 21201. All rights reserved. No part of this report may be reproduced by any means or for any reason without the consent of the publisher.

This information is provided as information only and may not be construed as medical advice or instruction. No action should be taken based solely on the contents of this publication. Readers should consult appropriate health professionals on any matter relating to their health and well-being. The information and opinions provided in this publication are believed to be accurate and sound, based on the best judgment available to the authors, but readers who fail to consult appropriate health authorities assume the risk of any injuries. The publisher is not responsible for errors or omissions.

Sacred Healing Clay

(continued from page 1)

earliest roots of his fascination with this particular clay, called *pyrophyllite*. Initially, he believed (as he still does today) that it would revolutionize the agricultural industry by helping prevent fertilizers from reaching ground water, and by converting the soil's nutrients into a form that's more available to the plants that grow in it.

With amorphous silicon comprising over half of pyrophyllite clay's mineral composition, adding it to farming soil would be the first step in cleaning up the mess left behind by commercial farming practices. It would also increase crop yield, nutrient uptake, and fungus and pestilence resistance—all without the use of environmentally hazardous chemicals.

With Ray's help, Cox set his sights on the unique pyrophyllite deposit near Oregon's Crater Lake—the most recently discovered source of this clay in the United States—eager to introduce the world to this hidden agricultural breakthrough. But once he experienced the clay's rumored healing properties first-hand, he realized that its promise reached a lot further than farmland. So he asked herbalist Michael King to help him launch a foray into the business of natural cures.

I was able to speak personally with King, who was more than happy to explain to me exactly what pyrophyllite clay is—and just how beneficial it can be to your body.

**Over 100 compounds that
soak up deadly toxins—
from the inside and out**

Although you'll find this miraculous mud near the relatively

young Crater Lake, the clay itself has actually been stewing there for millions of years. Once a prehistoric underground lake of molten lava, scientists theorize that a glacier pushed off its hardened cap in the last ice age. This geological movement exposed the mineral-rich contents beneath, which then cooled and decomposed into the clay we find now.

It contains at least 65 identifiable minerals and trace elements, King said. But the total number of minerals, rare earths, and other compounds actually suspected to be in it is somewhere closer to 100. The most abundant of these include silicon (in the form of silicates, as I mentioned before), iron, magnesium, potassium, calcium, and phosphorous.

These compounds and minerals are essential nutrition for your body's most basic cellular functions, like collagen repair, cell metabolism, and all of your thoughts and movements. But there was one figure that *really* disturbed me—aluminum comprises a hefty 23 percent of Crater Lake's pyrophyllite clay.

Researchers have linked aluminum toxicity to both breast cancer and Alzheimer's disease. So I couldn't see how ingesting a clay that's almost a quarter aluminum would be anywhere *near* healthy—in fact, it sounded downright dangerous to me. But King assured me that pyrophyllite is perfectly safe. It's plain old misinformation that sends people running when they see the content, he said.

Any mineral or compound synthetically separated from its original organic form can be harmful—even the "healthiest" ones. Just as certain free minerals can damage the soil, they can

damage your body, too. It's *this* oxidized heavy metal form of aluminum that leads to toxicity—and it's also the kind that's behind the most recent links to cancer and Alzheimer's.

But the silicates alongside the aluminum in pyrophyllite clay render it completely harmless, King said. In fact, recent science has shown that large amounts of silica can actually *protect* you from aluminum toxicity.^{1,2} Its strong capacity for cation exchange shields your body in much the same way as an ionic filter purifies water or air—by balancing positively and negatively charged ions, while at the same time bonding with heavy metals to neutralize their potentially harmful effects.

King explained that pyrophyllite clay, probably more than any other clay available, is loaded with electrical energy. Its strong nega-

tive charge acts as an unparalleled attracting force for toxins, heavy metals, and free radicals in your body—most of which have a positive charge.

It's because of this strong electromagnetic pull, he continued, that simply rubbing a paste made from the clay on a specific part of your body will draw toxins out from that area. Rubbing it over your liver will eliminate stored toxins—an application on your jaw can draw out infection from your gums. Clay baths (in which you would add just a half a cup of the clay into a full tub) offer mild, full-body detoxification. Likewise, eating the clay or drinking a clay and water tonic will draw out toxins and free radicals from within.

But this is where King added a few words of warning: Pyrophyllite clay is an extraordinarily strong detoxifier. If you're unusually toxic

(as you would be if you've had prolonged exposure to radiation, chemicals, or drugs) you want to start slow—your level of toxicity will increase before it improves, and the process can be hard on your body. Because of this, King suggests that you start with clay baths before taking the clay internally.

Along those lines, you also want to be careful if you're taking any kind of prescription medication. Pyrophyllite will inevitably pull the drug right out of your system (though depending on how you look at it, that could be more of a benefit than a drawback). Nevertheless, the side effects of withdrawal in either of these situations can be serious—so you'll probably want to consult with a doctor who's familiar with this kind of treatment first.

A history of unprecedented—but unproven—healing potential

So pyrophyllite clay is an excellent (and safe) source of minerals. This alone is enough to make it supplement-worthy—and it didn't surprise me at all that Native Americans (and early American settlers after them) used it in their folk medicine and farming for centuries.

The list of conditions that King says it can treat is long: fungal overgrowth, food poisoning, poison oak, heavy metal toxicity, skin complaints, ulcers, obesity, insect bites, burns, rashes, wounds, bruises, tendonitis, wrinkles...even broken bones. One woman claimed that it cured her severe (and treatment-resistant) case of shingles after just two applications. Another said that the clay removed a rogue piece of foreign material that had been lodged beneath her husband's skin

(continued on page 4)

Put a cherry on top of this classic joint-care combo

Here's an oldie but a goodie: In May of 2005, we told you about Tart Cherry capsules, a whole food supplement from Fruit Advantage that harnesses all of the health benefits of Montmorency tart cherries. And since then, research on the power of cherries has continued to mount, sending it even higher up the scale in superfruit status.

Tart cherries are packed with antioxidants, like melatonin and anthocyanins (the flavonoids that gives them their bright red color), so including them in your diet can elevate your mood and boost your energy. Studies have also shown that it's a safe and natural way to reduce the muscle, joint, and tendon pain that comes along with strenuous exercise, arthritis—or even a more serious case of gout.

If you're already taking Tart Cherry capsules for joint pain, the new formulation from Fruit Advantage (called Cherry Prime) will definitely help you to streamline your supplement regimen. By teaming tart cherries up with classic joint-care mainstays glucosamine and chondroitin, Cherry Prime delivers the perfect combo for pain relief and flexibility. Check out the Members Source Directory on page 8 for ordering details.

Sacred Healing Clay

(continued from page 3)

for years—overnight.

But without much documentation aside from these testimonials, King emphasizes pyrophyllite clay's impressive agricultural track record instead. From the looks of it, the clay detoxifies, strengthens, and nourishes your body just as it does the soil—though he admits that the key to its unusual healing powers is still a mystery.

Personally, I'm still on the fence as to the value of this type of paramagnetic therapy, and I can't say whether or not the scientific explanations provided are true. Even so, I'm open to the possibility that

there's *something* special about this clay. After all, charcoal and other types of clay have been popular components in water filtration systems for a while now—not to mention being widely used by emergency room doctors to soak up poisons from your stomach.

But is any of this really what's happening in your body when you bathe with or drink Sacred Healing Clay? I don't know—and the exact mechanism behind its supposed effects will only be discovered as the benefit of extensive research.

Then again, *how* it works is not so important here—what you or I (or *anyone*) cares about is simply that it works at all. When

you're suffering from a painful and debilitating condition, you don't want to wait 10 years for someone in a lab coat to tell you that a previously unproven cure can actually help you. Certainly not when you could have found out for yourself in the first place.

So maybe Sacred Healing Clay *won't* really heal you. And maybe it will. Ultimately, it's up to you to decide for yourself whether or not you believe it can help your condition. All I really know for sure is there's a whole slew of people out there who are convinced this ancient stuff is helping them lead a healthier, happier life. **HSI**

Citations available upon request and on the HSI website

Sweet! New studies back up the benefits of this energy-boosting, heart-strengthening sugar

by Hyla Cass, M.D.

The mainstream has finally begun to recognize fibromyalgia and chronic fatigue syndrome for the devastating physical conditions that they are—not merely figments of a growing population's imagination. But in spite of this acknowledgment, these diseases aren't getting any easier for your typical doctor to diagnose or to treat.

In my 20-plus years of practice, finding a safe and natural way to effectively end the suffering that comes with either of these conditions has been one of my biggest professional priorities. And that's why I'm so excited about the body of scientific research that just keeps building in support of D-ribose's clinical significance.

In June of 2005, I told you about Kris, a 37-year-old veterinary surgeon forced to give up her practice because of the pain and

fatigue of her fibromyalgia. Her case study, published in the journal *Pharmacotherapy*, described how daily supplementation with ribose completely reversed her debilitating symptoms within just two weeks, allowing her to return to the operating room and continue working in the profession she loved.¹

Personally, I've seen several remarkable turn-arounds like Kris's since I began using ribose in my practice. I count on it for any number of conditions, like fibromyalgia, cardiac problems, or just plain low energy. It restores and maintains the energy health of my patients' hearts and muscles—and I know the difference it's made in so many of their lives.

Just in the past year, there have been two major studies published that demonstrate the dramatic effects of ribose on both fibromyalgia and

coronary artery disease. I'll tell you more about those in a moment—but first, let me refresh your memory as to what ribose is, and exactly what it does.

Recharge your cells and double your energy

D-ribose, or simply "ribose," is a sugar that is essential for the production of adenosine triphosphate, or ATP—the energy currency of every cell in your body. In other words, you need ribose to produce the ATP that keeps your cellular energy batteries fully charged.

Since your muscles (including your heart muscle) produce an abundance of ATP, they require a good supply of ribose. This is particularly important in the many conditions that place metabolic stress on your heart and other muscles—including heart disease, congestive heart failure,

fibromyalgia, and even strenuous work or exercise.

All these conditions drain energy from your body, and that energy has to be restored so our tissue can function. In this respect, ribose is absolutely vital to your energy health.

Research has shown that the muscles in patients with fibromyalgia have difficulty making enough energy to keep pace with demand.² By recharging the energy batteries in these muscles, ribose can help restore its metabolic balance, helping to overcome fatigue and control the biochemical mechanisms that lead to pain and muscle stiffness. In doing so, ribose helps patients with fibromyalgia and chronic fatigue syndrome face the daily challenges of life and provides a metabolic support that has always been lacking in treatment options for those suffering from these highly debilitating conditions.

The dramatic improvement so many people have found with ribose intrigued Jacob Teitelbaum, M.D., medical director of Fibromyalgia and Fatigue Centers and a noted expert in treating fibromyalgia and chronic fatigue syndrome. So he decided to study this effect in a broader patient population.

In his study, published in the *Journal of Alternative and Complementary Medicine*, Dr. Teitelbaum gave ribose to 41 patients with a confirmed diagnosis of fibromyalgia and/or chronic fatigue syndrome for a period of about three weeks.³ The patients were followed to assess the effect of ribose on energy, mental clarity, sleep, pain intensity, and wellbeing. Patients were also asked to complete a questionnaire before and after

treatment to determine whether ribose could improve their day-to-day lives.

The results were nothing short of remarkable. Dr. Teitelbaum found that ribose therapy improved every single study parameter. In fact, approximately 66 percent of patients in the study reported a significant improvement in their day-to-day lives. Across the board, ribose gave patients a 45 percent increase in energy and a 30 percent improvement in overall wellbeing.

Study shows bypass recovery boosted by 30 percent

As I mentioned earlier, I've also seen first-hand how ribose can help people with heart problems such as coronary artery disease, congestive heart failure, and cardiomyopathy. These conditions drain energy from your heart and reduce the energy levels of your peripheral muscles, like the ones in your arms and legs.

Ribose can restore this lost energy, helping heart patients improve their heart function, increase their exercise tolerance, and enhance their quality of life.⁴ It's reasonable to assume, then, that ribose should help your heart during surgery and in the critical hours of recovery once the surgery is completed.

To test this theory, Dr. David Perkowski designed a study involving 143 patients with coronary artery disease, including 66 patients who came into the hospital after suffering a heart attack.⁵ Dr. Perkowski is chief of cardiothoracic surgery at Saddleback Hospital (Laguna Hills, CA) and a pioneer in perfecting the technique of performing open heart surgery

(continued on page 6)

ATTENTION LYME DISEASE SUFFERERS— SPECIAL MEMBER BENEFIT

Your mainstream options for treating Lyme disease are scarce. Heavy lifelong doses of antibiotics can be deadly—and for longtime sufferers of this potentially chronic disease, there's often no choice but to soldier through the pain.

But HSI Panelist Leslie Taylor—the same woman who brought you Amazonian cancer-fighting secrets Graviola and Graviola Max—is hoping to change that frustrating reality.

Taylor and her team have spent years studying the rainforest's most potent antimicrobial plants only to find time and again that they were no match for Lyme disease in the laboratory. But with a little ingenuity and a more focused approach—one that utilizes Amazon cures specific to the particular family of bacteria at work in Lyme disease—Taylor has finally made a breakthrough.

Now, you can be the first to try this brand-new formulation. Taylor is conducting a trial to document the power of her latest product against real-life cases of Lyme disease. And it's open to HSI members only.

All you need is a confirmed medical diagnosis of Lyme disease from a health professional in the last year. If you're selected to participate, Leslie will ask you to fill out a symptom evaluation questionnaire—she'll then send you a two-month supply of the new product at no cost. Follow-up questionnaires will be given after the first and the second months.

If you're suffering from Lyme disease and want to participate in this exciting trial, please call Raintree Nutrition at 1-800-780-5902 or send an email to info@rain-tree.com.

D-ribose

(continued from page 5)

while the heart is still beating, called “off-pump” coronary artery bypass graft surgery.

This technique does not stop your heart from beating or put the patient on a bypass machine—as a result, it puts less stress on your heart than traditional heart surgery. Still, any heart surgery causes a metabolic imbalance to occur, and that imbalance can affect your heart’s functioning during and following surgery.

All of the patients in this study received ribose during their hospital stay prior to surgery. When compared to the historical results from similar surgeries in this hospital, patients treated with ribose showed dramatic results. Historically, heart function in patients completing off-pump surgery improved an average of 13 percent, as measured by the cardiac index (the amount of blood the heart is able to pump with each heartbeat). Patients treated with ribose, however, showed an average improvement of 43 percent—a *full 30 percent better than would normally be expected!*

Equally impressive is the fact that with ribose therapy there were no deaths during the surgery and no post-operative heart attacks. In normal practice, this high-risk population faces a 4.5 percent mortality rate from surgery, and heart attacks following surgery are not uncommon.

Dr. Perkowski presented the results of his study this year at the annual scientific meeting of the Association for Academic Surgeons and Society of University Surgeons, a highly prestigious medical conference attended by some of the

country’s leading heart surgeons. In his presentation, Dr. Perkowski concluded that ribose, used with off-pump heart surgery, might be an effective treatment option for patients with coronary artery disease forced to undergo revascularization.

A safe (and sweet) energy solution for everyone

As I told you in my 2005 article, the brand of ribose manufactured by Bioenergy Life Science is chemically identical to the ribose made naturally in your body—and it’s very high quality. It’s available as both Corvalen and CorvalenM—in addition to ribose, CorvalenM contains magnesium and malic acid, two nutrients that are vital to the energy health of stressed muscles. I recommend CorvalenM to heart patients especially, since magnesium itself is essential for energy production within each cell, and is often lacking in our diets.

I believe that virtually everyone should take ribose, whether you’re suffering from a debilitating disease, or you just want to maintain your cardiovascular or energy health. We know, for example, that people over age 45 are susceptible to fatigue, and are more at risk for developing heart disease as they age. In fact, a recent study conducted at the Mayo Clinic shows that almost a third of all men and women over age 45 show signs of diastolic heart dysfunction—the kind of dysfunction that leads to congestive heart failure and is most benefited by ribose.⁶

Diastolic heart problems are difficult to diagnose in the early stages, and the majority of people with this condition are unaware they have any heart problem at all. Therefore, as a cardioprotective measure I recom-

mend that everyone over age 45 take 5 grams of ribose two times per day to maintain the energy health of their hearts.

I also know that patients with heart disease, fibromyalgia, chronic fatigue syndrome, and other conditions that affect metabolic health need to take ribose to restore energy in their affected tissue. In these cases, I now recommend taking 5 grams three times per day for about two weeks, then reducing the dose to two times per day thereafter. By increasing the initial dose, I believe your energy recovery process can be accelerated (and then you can maintain it with the lower dose).

If you’re involved in rigorous exercise, or you simply get run-down as you rush through the stresses of daily life, I recommend 1 to 5 grams per day to help maintain normal ATP levels in the body. If you exercise more intensely, however, you may want to take more—I suggest taking 3 to 5 grams before exercise and 3 to 5 grams after exercise to aid energy recovery. (In fact, I have many serious athletes in my practice who would *never* go without their daily dose.)

If you are taking ribose in a powdered form, you should take it with juice or a sport drink, or you can sprinkle it on cold cereal or fruit. I recommend taking up to 5 grams in a single dose, but not more. Your body will not use more than that very efficiently, and the excess will be passed in the urine.

Ribose is safe, effective, and does not interact with other foods or medicine. And to top it off, some of my patients even use it as a natural, low calorie (20 cal/5 gm, or 1 teaspoon, serving) sweetener. **HSI**

Citations available upon request and on the HSI website

Green eggs and strange ham: What happens when cloning sweeps through our supermarkets?

by Jenny Thompson

From the HSI e-Alert (1/10/07)

"I do not want to eat cloned animals!"

That's the title of a petition I received in my e-mail in-box early this year. The first thing I thought was: I do not want to eat cloned animals here, I do not want to eat cloned animals there, I do not want to eat cloned animals anywhere!

In fact, you and I and most everyone else will probably never eat meat or drink milk that comes directly from a cloned animal. But that doesn't mean there's no cause for concern.

Getting satisfaction

When it comes to farming, I'm not quite the Eva Gabor character in Green Acres, but I'm close to that end of the farming spectrum. What I don't know about animal husbandry is a lot.

So when it was recently announced that FDA experts decided it's safe to eat food produced by cloned animals, I couldn't help but wonder why a farmer would go to the trouble and expense of cloning when animals have done a pretty good job of the reproductive thing for eons.

Turns out I was right about the expense—a single cloning procedure can cost as much as \$170,000. And I was also right about the reproductive abilities of animals—cloning isn't meant to take the place of doing what comes naturally. Because cloning is for rock stars.

The whole point of cloning a farm animal is to produce what the Associated Press (AP) calls a

"rock star" breeder. Once you've determined that an animal is a naturally prodigious breeder that tends to produce offspring that are healthy, tender, and delicious, if you clone that animal a few times you'll have a stable of breeders that will live the life of Mick Jagger, but without the number one hits and the grueling tour schedule. And at a cost of \$170,000 per carbon copy, you can be sure that none of these animals will end up on the dining room table. But most of their offspring will.

So the key question is: Are future generations spawned by rock star breeders safe to eat? The FDA says yes. But once again we're relying on the best guess of experts. Only after years of public consumption will we be able to say with certainty that there's no subtle wrinkle hidden in the DNA that will do us harm.

Experts once told us that cigarettes soothed the throat. How'd that work out?

Choices made difficult

When this news about the FDA seal of approval for cloning hit the media, one television commentator dismissed fears by pointing out that if you don't want to eat cloned animals, just choose meat from non-cloned sources. Simple!

Just one problem: The FDA will not require special labeling for milk or meat products that come from cloned livestock, according to a National Geographic report.

(continued on page 8)

And another thing...

...Women with Type 2 diabetes who eat iron-rich foods may be at greater risk of developing heart disease. In a study that followed 20 years of medical records for more than 6,000 women who also completed dietary questionnaires, researchers found that the highest intake of heme iron and red meat among Type 2 diabetics was associated with a 50 percent higher risk of heart disease. Risks were highest among postmenopausal women. Heme iron is most abundant in red meat, chicken liver, oysters, and clams.

...Risk of Alzheimer's disease may be reduced with proper folate intake. A new study confirms previous research that shows the remarkable benefits of folate and folic acid (the synthetic form of folate). When researchers followed nearly 1,000 elderly subjects for more than six years, dietary questionnaires revealed that the highest consumption of dietary folate intake (spinach, citrus fruits, broccoli, wheat germ, brewers yeast, lima beans, cantaloupe, etc.), when combined with folic acid, significantly reduced Alzheimer's risk, compared with subjects who consumed the lowest amounts of folate and folic acid.

And, in case you didn't see it in the e-Alert...

...Tears contain a precise balance of water, salt, proteins, mucus, and oil. Throw off the balance of those components and you could develop dry eye syndrome (DES), an irritating

(continued on page 8)

And another thing...

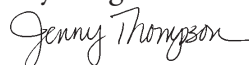
(continued from page 7)

condition that affects eight to 10 million people in the U.S. (mostly women), and can lead to cornea damage and vision loss. But research shows that omega-3 fatty acids may help prevent DES. In a study of more than 32,000 middle age and elderly women, subjects who ate five or more tuna servings per week reduced DES risk by more than 65 percent.

...Cigarette smoking can be hard on the knees. In a trial that followed nearly 160 men with osteoarthritis of the knees for more than two years, researchers found that long time smokers had more than twice the risk of significant cartilage loss compared to non-smokers. Subjects in the smoking group generally reported more severe levels of pain than non-smokers. Researchers believe that cigarette toxins may starve joint tissues of oxygen.

...Stress may have an adverse effect on blood sugar levels. In a study that examined the link between hostility and glucose levels, researchers found that subjects with high hostility were at risk of developing insulin resistance (a precursor of Type 2 diabetes) when stressful situations arose, especially in cases of chronic stress. Consistently high levels of cortisol (known as the "stress hormone") have been shown to trigger blood sugar imbalance.

To your good health,



Jenny Thompson, Director
Health Sciences Institute

Cloned meat?

(continued from page 7)

After all, FDA experts have already determined it will be safe to eat. So why bother with a label?

This isn't really a surprise, of course. The FDA allows meat products to be treated with carbon monoxide (to improve color) without any special labeling. And there's no point in looking for a label note that lets you know your chops have come from animals that were given growth hormones and antibiotics. You can assume that's the norm, unless you're fortunate enough to get your meat products fresh from a local farmer.

And speaking of hormones, one of the complaints about meat from cloned animals is that the

cloning process requires higher levels of hormones. That's according to representatives for the Center for Food Safety, who also told National Geographic that the FDA has not addressed the fact that cloning tends to prompt higher rates of birth defects and disease among cloned animals.

We're still several years away from the day when products from cloned animals reach grocery shelves. So there's plenty of time to ask hard questions and share awareness of potential problems.

If you'd like to sign the "I do not want to eat cloned animals!" petition, you can find it at www.thepetitionsite.com. **HSI**

You can sign up for the HSI e-Alert at www.HSIBaltimore.com

MEMBER SOURCE DIRECTORY

Sacred Healing Clay, Heart Balance Herbal Rejuvenation, Ph. (888)325-1475; www.pyroclay.com. Prices range from US\$6.00 for one ¼ lb jar of clay, to US\$65.00 for a 5 lb jar. Capsules are also available. One bottle of 100 caps costs US\$13.00. Mention that you heard about Sacred Healing Clay from Health Sciences Institute or input the promotional code "HSI" when ordering the product online and receive a 10-percent discount off the retail price.

Corvalen and CorvalenM, Valen Labs, Inc., Ph. (866)267-8253. One 12-ounce jar of CorvalenM powder costs US\$69.95 plus shipping. Mention Dr. Cass' article for a \$20 discount per jar on your first order. Corvalen is US\$49.95 with a \$15 discount per jar on your first order.

Cherry Prime, Fruit Advantage, Ph. (877)746-7477 or (231)587-0643 (international orders only), www.fruitadvantage.com. One bottle of 90 capsules costs US\$28.95. HSI members save an extra 10 percent—use the code "HSI26" when you order.

Now you can get even more vital commentary on today's most pressing health concerns. Visit HSI's brand-new blog, On The Spot, at www.HSIBaltimore.com. HSI reporter Michele Cagan chimes in with her timely, sometimes irreverent, but always relevant look at critical health issues, the lies we're told by the business of conventional medicine, and the natural cures that get covered up.

Please note: HSI verifies all product information when the Members Alert is written; however, pricing and availability can change by the time the issue is delivered. We regret that not all products are available in all locations worldwide.

The above statements have not been evaluated by the U.S. Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.