

# HSI HEALTH SCIENCES INSTITUTE

MEMBERS ALERT FOR MAY 2009

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*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.*

## Hot-off-the-presses research reveals...

### Blood sugar buster THREE TIMES more effective than top-selling diabetes drugs

by Melissa Hickle

Almost as soon as it was introduced, the success stories started flooding in. Sugar levels were falling, pounds were plummeting, and blood pressure was sinking. All thanks to a new herbal powerhouse called Diatroxal.

But the word-of-mouth wasn't enough for the scientists behind this diabetes beater. So it was put to the test in a randomized, double-blind, placebo-controlled trial—the gold standard of scientific testing.

It turned out to be an **all-out assault** on diabetes. Fasting blood sugar dropped a shocking 107 points. Triglycerides fell by an impressive 20%. LDL cholesterol tumbled by more than 34%. And total cholesterol dropped over 29%.

If that weren't enough, participants in the trial lost an average of nearly 10 pounds—without changing eating or exercise habits.

And those were the results after only 90 days.

It all adds up to one undeniable fact—no other product, pharmaceutical or natural, created to treat diabetes has been shown to be even one half as effective as Diatroxal.

#### A formula so powerful, one company was willing to lay it all on the line to prove it

It's true. Even the top-selling diabetes drugs only drop blood glucose levels by at most 36.6 points. That makes Diatroxal three times more effective—without the side effects of those drugs.

It's hard to believe it took a major gamble to get this powerful diabetes thrasher the attention it deserves. The story starts about 10 years ago, when Ken Hampshire, the co-founder of Syntratech, the group that developed Diatroxal, met Dr. Vern Cherevatenko, the author of *The Diabetes Cure*.

Dr. Cherevatenko had turned to Ken for help formulating and manufacturing a new product for type 2 diabetes. Together, they created Ultimate HCA, one of the first safe and effective solutions for type 2 diabetes.

Ken knew it was good, but he thought it could be even better. So when, three years later, Dr. Cherevatenko turned his attention to another project, Ken started scouring scientific journals.

In reviewing 20 years of research, he started seeing the same herbal extracts come up again and again—extracts that were able to lower insulin resistance in the body. Extracts that no other companies had seemed to notice.

These extracts were expertly combined to become Diatroxal. When it was introduced, the testimonials started pouring in. But for Ken, that wasn't enough. He wanted verifiable evidence that it was working.

Now, clinical trials are expensive. Too many companies with wonderful products simply can't afford to prove their effectiveness. So Ken commissioned a small study to see how Diatroxal fared. Though there were

(continued on page 2)

## Inside

- Herbal breakthrough—the itching and burning of eczema simply fade away....4
- An 85% reduction in symptoms of gingivitis in just two weeks.....6
- An allergy-free clean that harnesses the power of water.....7



### 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.

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## Blood sugar buster

(continued from page 1)

only 17 participants, the results were very positive—so positive, in fact, that Ken decided to lay it all on the line.

Syntratech is a small company. So it was a big deal when the team there decided to put their entire marketing budget into a large-scale, randomized, placebo-controlled human clinical trial conducted at an independent lab. If Diatroxal wasn't proven effective, they would be positively ruined.

But, as you already know—it worked. In fact, the results went beyond even their greatest expectations.

### Top-selling diabetes drugs just can't touch it

When it comes to fasting blood glucose, a level below 100 mg/dL is considered normal or healthy and 100-125 mg/dL is considered pre-diabetic (and brings with it increased risk of cardiovascular disease). A count of 126 mg/dL, measured on two different days, is indicative of diabetes.

And of course, that means big health risks. Damage to the eyes, kidneys, blood vessels, heart, and nerves, as well as cognitive decline and even dementia, are all linked to diabetes.

All of the participants in the trial had chronic uncontrolled blood glucose, with fasting blood glucose counts between 160 mg/dL and 225 mg/dL.

In only 90 days, Diatroxal brought those numbers down, on average, a whopping 107 points. Every participant taking it saw his or her fasting blood glucose drop to within the normal, healthy range.

If you're watching your blood sugar levels, you're also paying attention to your two-hour glucose

level. This should be below 140 mg/dL. A count between 140 and 200 mg/dL indicates impaired glucose tolerance, and a level over 200 mg/dL goes hand in hand with diabetes.

Over the course of the trial, participants taking Diatroxal experienced a 54.55% decrease in two-hour glucose levels. For participants taking the placebo, the level rose an average of just over 4%.

A third test measures the average amount of glucose in the blood over the 2-3 months prior to the test. It does this by measuring the concentration of hemoglobin A1c, or glycated hemoglobin. A 1% change in A1c reflects a change of about 30 mg/dL in average blood glucose level.

When blood was drawn from participants taking Diatroxal at the end of the trial, A1c levels had dropped from an average concentration of 7.7% to an average of 4.66%—a highly significant 3% drop. All of the subjects in the active group had their A1c levels drop to 5% or below.

Now, Diatroxal's effect on blood glucose levels would be impressive on its own. But this herbal formula had more in store for the trial participants.

Triglycerides, a type of fat within the bloodstream, decreased an average of over 20% in participants taking Diatroxal. With placebo, there was an average increase of 6.6%.

Cholesterol levels were also positively affected by Diatroxal. In the active group, participants' LDL cholesterol was lowered by over 34%, and their total cholesterol went down by 29%.

Diatroxal demonstrated action on blood pressure as well. Over the course of the 90 days, participants taking Diatroxal were rewarded with an average 25% drop in systolic pressure, 5% diastolic.

Then there was the weight loss. Prior to the trial, most of the participants had already been trying to control their blood sugar levels with diet and exercise. But they weren't having much luck. The researchers conducting the trial told the participants not to make any changes in diet, exercise or water intake.

Even without making such changes, the participants in the Diatroxal group lost an average of almost 10 pounds. They expressed no changes in hunger or appetite, and no changes in cravings for sweets.

Of course, all of these numbers are meaningful. But they become even more important when paired with how the participants *felt* during the course of the trial.

Only two weeks in, 25% of the people in the active group said they felt better than they had in years. After one month, half of them reported having more energy.

Of course, the overall result of the test, reported by the researchers, was that Diatroxal is a very safe and effective product for the management of diabetes.<sup>1</sup>

When the results of the study went through the peer-review process, it was noted that Diatroxal beat the heck out of the leading diabetes drugs.

The seven leading pharmaceutical drugs for diabetes lower A1c less than 1%, and none of them are able to lower it to a level below 7%. Put simply, Diatroxal produced more than a three-fold greater decrease in A1c than pharmaceuticals.

And when it comes to fasting blood glucose, pharmaceutical products can't touch Diatroxal. The most fasting blood glucose drops with the top-selling diabetes drugs is 36.6 mg/dL. In the Diatroxal trial, the average was an amazing 107 points. This great an effect was previously unheard of.<sup>2</sup>

## 20 years' worth of research boiled down into one breakthrough blend

When I talked to Ken, I asked him to tell me what he considered the "super stars" among the herbal extracts that make up Diatroxal. He didn't have to think long.

Back when he was scouring 20 years' worth of research, he saw two substances come up more than any others.

Hydroxycitric acid (HCA) and Gymnema sylvestre extract work in a number of ways to improve glucose metabolism. While there are quite a few studies on these components, two provide a good example of their effect.

In a 2004 animal study conducted at Georgetown University, HCA was found effective and safe as a weight-loss agent. It was also shown to inhibit the enzyme that controls the synthesis of fatty acids, cholesterol, and triglycerides. The effects were dramatic after a period of only eight weeks.<sup>3</sup>

In another study (also conducted at Georgetown) combining HCA with chromium (which is also in Diatroxal) and gymnema sylvestre extract, total cholesterol was lowered 9.5% and LDL cholesterol was lowered 19%, while HDL cholesterol went up by 22.1%. Triglycerides dropped by 20.5%.<sup>4</sup>

These two ingredients are joined by ten other active ingredients, all painstakingly researched by Ken. And what he *didn't* include is almost as important.

In many popular natural products used to treat diabetes, you'll see the same ingredients pop up over and over. Ingredients like alpha lipoic acid and CoQ-10 were not included in Diatroxal because Ken just wasn't seeing the evidence that they work. Rather than following the trend set by other companies, he has created a completely new

formula. And the evidence speaks for itself.

## Drop blood sugar, pounds, and blood pressure in one easy step

A while ago, I mentioned that when Diatroxal was introduced, the testimonials started pouring in. Well, they haven't stopped. I was given pages and pages of them, and promised more if I needed them. I'll share just a few.


Charles in Arizona didn't want to take drugs to control his blood sugar, so he went in search of a natural option. An Internet search led him to Diatroxal, and he decided to take a chance. After just a couple of weeks, his energy returned and he had started losing weight.

His blood sugar had started in the high 300s, but plunged to the high 90s. He says he's very satisfied, but jokes that "the drug companies are probably not happy with Diatroxal because their bank accounts are smaller."

Lynn in New Mexico wanted another option when her doctor presented her with a month's supply of Avandia. She never even broke the seal—instead, she found Diatroxal.

Just over three months later, she had dropped 20 pounds and four inches in her waist. Her blood sugar had gone down from 182 to 111. At her last checkup, her blood pressure was 110/80. Her doctor was amazed, and told her to just keep on doing what she'd been doing.

Mike in Minnesota has also been singing the praises of Diatroxal. His blood sugar has gone from 180 to under 120 and he's feeling a lot more energetic these days. He unexpectedly lost 10 pounds and "would highly recommend this product to anyone."

Ordering information for Diatroxal is in the Member Source Directory on page 8. 

Citations available upon request and on HSI website

## “Nothing—and I mean nothing—has ever had such a wonderful healing effect on my eczema”

by *Melissa Hickie*

She'd been battling eczema for years with no relief in sight. Sometimes it burned so badly that she burst into tears.

But nothing worked—the medicine cabinet full of lotions and creams might as well have been tubes of water for all the good they did for her burning skin.

So Claire figured she'd just have to live with the pain. But that was before Eczederm Rescue.

It's absolutely the only thing that's worked for her. And it works fast—in a matter of *days*, the stinging pain and redness simply started fading away.

Eczederm Rescue is an expert blend of herbs famous for their antifungal, antiviral, and antibacterial properties. And it comes from one of HSI's most trusted sources.

It's so effective, in fact, that it gets the seal of approval from Jenny Thompson herself!

### Once again, the mainstream offers up nothing but side effects

There still isn't much of an explanation for eczema. Some doctors use the term for any unidentifiable rash. It most commonly causes dry, reddened skin. Intense itching or burning is usually the first symptom. Eczema can lead to blisters and oozing lesions—and a whole lot of embarrassment and discomfort.

The mainstream may not have an answer for it, but that doesn't keep them from trying. The medical standard is to use topical corticosteroids in short bursts to suppress symptoms. Long-term use is avoided because those steroids can cause skin atrophy and lesions.

Even used short-term, they can

be of little use, because as soon as you stop using them, the eczema can come right back.

In extreme cases, doctors prescribe systemic corticosteroids to cut down on inflammation. But their use can lead to gastrointestinal intolerance, weakness, muscle problems, and increased infection.

Recently, two new topical treatments for eczema were approved by the FDA—tacrolimus and pimecrolimus. Their long-term effects are unclear, but several studies have shown an increased prevalence of skin cancer in lab animals treated with the compounds.

The long and short of it is this: No drug deemed effective at suppressing outbreaks has yet been approved for long-term use without the possibility of side effects.

Thanks to Peaceful Mountain, however, there is a powerful herbal answer to eczema—Eczederm Rescue.

### Stop the symptoms of eczema from interfering with your life

Eczederm Rescue is a topical cream that captures the power of herbs with antifungal, antiviral, antibacterial, and tissue-regenerating properties.

No matter the cause, or how long you've been suffering, it works. From the day Eczederm Rescue was introduced, success stories like Claire's have been pouring in.

When Deon in Denver, CO, developed eczema, his doctor was completely baffled. Though Deon tried everything, nothing cleared up the rash—and the itching was unbearable. The moment Eczederm Rescue touched his skin, he knew it was different from any-

thing else he'd tried. It cooled the burning, and he reported that, in just days, his eczema was well on the way to being completely cleared up.

Holly, who lives in Kansas City, MO, wrote to Peaceful Mountain to “gush over” Eczederm Rescue. A massage therapist, Holly relies on her hands for her livelihood. But for the past five years, she's been suffering from eczema so badly on one hand that nothing would help the symptoms.

She was amazed at how quickly Eczederm Rescue healed her hand. “It has been years since my hand has looked this good,” Holly reported. The symptoms are gone and, perhaps more importantly, Holly's self-esteem is back.

Melissa, of Mustang, OK, has been suffering from eczema for about 20 years. She'd tried prescriptions, natural products, elimination of certain foods, and countless other treatments. At some points, the rash has covered all of one of her hands.

Then, as I'm sure you've already guessed, she found Eczederm Rescue. After only a week of using it, she reported that the burning, itchy rash was 70% better, and getting better every day.

Stories like these are common at Peaceful Mountain. And they've recently been backed up by a promising clinical trial.

### Starts healing eczema in a matter of days

Eczederm Rescue was put to the test against a placebo in a four-week clinical trial conducted by an independent lab. Over the course of the trial, participants

recorded the daily severity of a number of symptoms—sleep interference, itching, pain, overall discomfort, redness, crusting, and overall appearance. Symptoms were rated on a scale of 1-9 (from nothing at all to as bad as it could be).

Participants using Eczederm Rescue reported a significant drop in symptoms as compared with participants using the placebo. The most notable differences were in discomfort, crusting, and appearance.

At follow-up visits after the study period, continued improvement was observed. Researchers concluded that there was a clear benefit over placebo after only two weeks.<sup>1</sup>

A separate report on side effects concluded that Eczederm Rescue causes minimal side effects. The most commonly reported ones were dry skin, temporary staining of skin, and stinging upon application.

The stinging may have been due to applying the gel to open sores, and only occurred when it was first applied. The same side effects were reported by people who used a placebo in the trial.

The report pointed out that the benign nature of Eczederm Rescue means it can be used as a maintenance treatment without the risks of skin atrophy and lesions that come with corticosteroids.<sup>2</sup>

### **Soothe and heal your skin with an arsenal of herbs**

All of the herbs in Eczederm Rescue have traditionally been used for relief from the itching and pain of eczema, dermatitis, and rashes.

Bloodroot has been shown in several studies to have antimicro-

bial and anti-inflammatory properties. Its high concentration of the compound sanguinarine reduces inflammation when used topically. The antibacterial action of bloodroot has actually won it FDA approval for inclusion in toothpaste. In Eczederm Rescue, it helps to prevent infection in the affected area.

Bacterial infection is a concern if you have eczema, as it can be introduced through broken skin after you scratch the itch. This secondary bacterial infection can feed the inflammation cycle in eczema—bloodroot prevents the infection and quells that inflammation.

Used for a host of skin conditions, pokeroot has immune-stimulating properties. It contains tannins, which protect tissues.

Neem is an herb derived from a tree in the mahogany family. In India, the tree is known as “Nature’s Drugstore” for its many properties—it’s antifungal, antibacterial, antiviral, and anti-inflammatory.

Neem is considered a major component in Ayurvedic medicine and is often prescribed for skin disease. There have been many reports of success using neem for eczema—the leaves are commonly used as a bath for eczema sufferers.

St. John’s Wort adds to the antimicrobial properties of Eczederm Rescue. It’s been used with great success to treat first-degree burns. Traditionally, St. John’s Wort is used for inflammation and pain. Hyperforin, a major constituent of the herb, has been found to have antibacterial properties strong enough to kill MRSA.

Chapparral, calendula flowers,

and arnica contribute further to the anti-inflammatory effects of Eczederm Rescue. These herbs also have analgesic properties when applied topically—helping to soothe the pain of eczema.

Arnica in particular has been the subject of various studies that have demonstrated its usefulness in treating pain. When used topically as a gel (as it is in Eczederm Rescue), it’s been found to have the same effect as NSAIDs like ibuprofen in treating the painful symptoms of hand osteoarthritis.<sup>3</sup>

White willow bark shares arnica’s pain-killing properties. In fact, it’s a precursor to aspirin. Studies have shown that it’s useful against pain caused by inflammation.

While comfrey leaf shares the anti-inflammatory properties of other herbs in Eczederm Rescue, it really shines as a healing agent—it increases the rate at which new skin can be formed, maintaining the integrity of skin. This is because it contains allantoin, a cell proliferant that speeds up the natural replacement of body cells.

The herbal extracts in Eczederm Rescue are combined with several oils (olive, avocado, macadamia nut, and kukui nut) that provide essential fatty acids as well as vitamins A and E. Additionally, vitamin C has been added to adjust the pH and to assist healing.

Rounding out the formula is aloe vera, known for its antibacterial and analgesic effects. All together, Eczederm Rescue is a product that’s brought relief to many people, including a few of us here at HSI.

Several days ago, one of my colleagues described an itchy red rash she had developed on one

*(continued on page 8)*

## Nothing worked for years. But then—suddenly— “My gingivitis simply disappeared!”

by *Melissa Hickle*

Sam had been fighting gingivitis for years. He was doing everything right—good oral hygiene, twice-yearly visits to the dentist. But nothing worked. His gums stayed inflamed, bleeding at the slightest touch of a toothbrush.

One day, however, his dentist asked him what he'd been doing differently. His gingivitis was **gone**—without a trace.

Sam had to think—he hadn't changed anything in his oral care routine.

But he had changed one thing—something that had nothing to do with his teeth and gums. Or so he thought...

### What's good for your digestive system is good for the rest of your body

A few months before that dentist appointment, Sam had started taking probiotic tablets containing a specific strain called *Lactobacillus reuteri*. It's one of the most studied probiotics—55 studies on over 4,100 participants—one that inhibits the growth of several kinds of pathogens.

It works so well because its natural habitat is the digestive tract. In fact, it's among the first bacterial species to become naturally established in newborn babies.

Of course, probiotics aren't exactly new—they've become well known as the “good” bacteria that keep your digestive system (and immune system!) chugging along. But what is new is the research, inspired by Sam's story, that proves probiotics could be the very thing that wipes out gingivitis for good.

Your mouth contains about 700

types of bacteria. Under perfect circumstances, these bacteria are well-balanced and work together as a natural defense system for the mouth. But too many things—stress, illness, poor diet, less-than-perfect oral hygiene—can disrupt the balance and allow bad bacteria to thrive. One of the consequences is gingivitis.

Gingivitis is marked by swollen tooth pockets caused by inflammation. This inflammation forces excess fluid into the tooth pockets. Gingivitis also leads to inflamed gums that tend to bleed easily.

The newest study was carried out at the University of Copenhagen in Denmark. In it, 42 people with moderate gingivitis were randomly assigned to receive either chewing gum containing a unique blend of probiotics, including *L. reuteri*, or a placebo.

After only two weeks, the number of bleeding sites in people chewing the probiotic gum was reduced by 85%. Inflammation was significantly reduced, and the amount of fluids in the tooth pockets was decreased by 43%.<sup>1</sup>

The probiotic interacts directly with the immune system to reduce inflammation. In the mouth, *L. reuteri* balances the oral flora and reduces levels of bad bacteria that cause oral problems like bleeding gums and tooth decay. It does all of this by competing for nutrients and producing substances that inhibit and kill harmful bacteria.

### Sensitive teeth? Not anymore!

The gum used in the study is now available in a mint-flavored, sugar-free form. It's called GUM

PerioBalance, and it strengthens the natural defense mechanisms of the mouth by fighting the bacteria that cause poor oral health.

PerioBalance was specifically designed for oral health, and it begins working the very first time you take it. As it comes into contact with saliva, the gum releases 200 million freeze-dried fighters into your mouth. They immediately go to work against the invaders that cause not only gingivitis but also plaque buildup and bad breath.

The gum works best when taken every day. When you stop taking it, the bacteria in your mouth can go out of balance again, meaning symptoms of gingivitis and other oral ills can return.

People who have been using PerioBalance are finding it easy to use—and they're seeing real results. Here's a small sampling of the feedback:

- “I had less bleeding in my gums, my breath in general was much better, and I felt a difference.”—Orit
- “The dentist said ‘Wow, nice teeth!’ I hadn't heard that in many years.”—Peter
- “I really noticed a difference in the smoothness of the surface of my teeth. They felt cleaner. I also noticed a decreased sensitivity in my gums. I thought I detected a lessening of plaque and my teeth seemed to be whiter.”—Amy

Ordering information for PerioBalance is in the Member Source Directory on page 8. **HSI**

Citations available upon request and on HSI website

## Unlock the power of water for an allergy-free clean

by *Melissa Hickle*

“Your clothes can get just as clean—cleaner, even—without detergent.”

I would have thought the statement was crazy if it hadn't come from one of our panelists, Dr. Hyla Cass.

She was talking about the T-Wave Trio laundry system—three funny-looking capsules that promise to wash your clothes clean by unlocking the cleaning power of water—without any detergent.

The way Hyla explained it, it's better for your clothes (the fibers won't be weakened and the colors won't fade), better for your wallet (they last over 700 washes), and better for your skin (since there's no detergent, there's no exposure to allergens).

The capsules contain ceramic beads and magnets that reduce the surface tension of water molecules so they can better penetrate fabric. Without getting too scientific about it, this is more or less what detergents and soaps do. The water, combined with the agitation of the washing machine, lifts dirt out of the clothes being washed.

Static cling is eliminated, and the water keeps lime and phosphorus from reattaching to fibers. Not only are clothes made softer, but this also gets rid of residual scaling in your washing machine.

Hyla told me she likes the T-Wave system because she doesn't have to use chemicals to get her clothes clean. The chemicals and perfumes in commercial detergents can be harmful to your immune system, and some have been identified as carcinogenic.

When clothes are cleaned with detergent, the dirt might be removed but chemical residue remains. This residue is then absorbed through your skin, causing allergies and skin irritation.

I talked to one man who's been using the T-Wave system for years. His daughter recently spent some time at a friend's house. The friend's mother meant well when she washed some of the girl's clothes, but when the girl wore them again, a headache came on almost instantly. Her allergic reaction only confirmed what her father had suspected—keeping detergent out of their lives was improving their health.

I've been using a natural detergent for a while now but was eager to try the T-Wave system. The box I received didn't have any instructions included, so I just tossed the capsules in with the laundry. (I later found out it's best to put the capsules on top of the clothing once it's all loaded into the washing machine.)

I was told that it would take up to five washings to get the detergent residue out of my clothing. But even after the first wash, I noticed a difference. My clothes didn't smell like detergent. In fact, they didn't smell like *anything*. Even the shirts my husband wears to play tennis. That's a triumph right there.

The T-Wave system also comes with a bottle of enzyme-based stain remover to be used for stains or heavy-duty laundry. Ordering information for the T-Wave system is in the Member Source Directory on page 8. **HSI**

Citations available upon request and on HSI website

### *And another thing...*

...Most of us experience an afternoon lull each day—a moment when vitality ebbs briefly and the prospect of a quick nap calls like a siren song. But a lull is one thing, and excessive daytime sleepiness is quite another, according to a new French study. Researchers asked more than 8,000 seniors if they experienced never, rare, regular, or frequent daytime sleepiness. After six years of follow-up, results showed that subjects over the age of 65 who said they frequently felt sleepy during the day had nearly 50 percent increased risk of fatal heart attack, heart failure, or cerebrovascular disease.

...Dark Cells—it sounds like the ominous title of a suspense thriller, but it's actually a key to vision health. In fact, in this case it's a dramatic breakthrough in vision health. Researchers at the University of Rochester adapted optics used by astronomers to create a technique that allows them to see, for the first time, a nearly invisible layer of cells in our eyes. These “dark cells” actually help maintain light-sensing cells. More importantly, a view of dark cells can significantly help doctors assess the status of the cells, which in turn predicts serious eye conditions such as age-related macular degeneration—the most common cause of blindness among the elderly and middle-aged.

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

...Peripheral arterial disease (PAD) is a painful condition caused by reduced blood flow to the legs due to arteries that have been narrowed by diabetes damage. More than 30 percent of all diabetics over the age of 50 may suffer from PAD. The good news: Most patients may find it fairly

**And another thing...**

*(continued from page 7)*

easy to control PAD symptoms. Researchers at Chicago's Northwestern University recruited more than 150 PAD patients and divided them into three groups. One group received supervised treadmill exercise, one group received lower extremity resistance training, and the third group followed no set exercise regimen. Results: Subjects in the treadmill group generally showed greater improvements in walking and physical functioning compared to the resistance training group and control group.

... Every year, hundreds of thousands of emergency room patients are so incapacitated they can't provide emergency contact information to medical personnel. But ICE could change all that. ICE (which stands for "In Case of Emergency") is a program started in the UK to help hospital personnel contact family members in cases where patients are unconscious and can't provide information. To participate in the program, just include in your cell phone's stored numbers a listing such as this: "ICE Mom" along with mom's number. Apparently, most hospital personnel are becoming aware of the program, so they regularly check cell phones for ICE numbers.

To your good health,

*Jenny Thompson*  
Jenny Thompson

**For FREE access to urgent health information,** visit [www.HSIBaltimore.com](http://www.HSIBaltimore.com) today to enroll—absolutely FREE.

**Herbal breakthrough**

*(continued from page 5)*

arm. She showed it to me, and I immediately handed her the tube of Eczederm Rescue that was on my desk. The next day, I asked her if it was working. "It smells a little funny," she said, "but it works!" The rash had faded considerably, and she didn't find

herself scratching at it nearly as much.

And Jenny Thompson is a longtime fan of Eczederm Rescue. She keeps it in the office so she can use it for last-minute breakouts.

Ordering information for Eczederm Rescue is in the Member Source Directory below. **HSI**

*Citations available upon request and on HSI website*

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**MEMBER SOURCE DIRECTORY**

**Diatroxal**, Syntratech. Ph (888)421-0374; [www.bloodsugarhealth.com](http://www.bloodsugarhealth.com). A one-month supply (180 count bottle) is US\$59.95. Buy two, get one bottle free.

**Eczederm Rescue**, Peaceful Mountain. Ph (888)303-3388; [www.peacefulmountain.com/hsi](http://www.peacefulmountain.com/hsi). A 1-oz. tube of Eczederm Rescue is normally US\$15.00, but until June 15, 2009 HSI members pay US\$11.25 (that's 25% off the normal price). For phone orders, mention HSI and receive the same discount. Discount is offered only on Eczederm Rescue.

**PerioBalance**, Sunstar. Ph (888)777-3101. [www.periobalance.com](http://www.periobalance.com). A pack of 28 lozenges is US\$24.99.

**T-Wave Trio Laundry System**, Ph (435)767-0246; [www.twavetrio.com](http://www.twavetrio.com). Three capsules and one bottle of T-Wave Enzyme costs US\$59.95. Use the code "drcass" for a \$5 discount.

**HSI website log-on info (MAY):**

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