



Secrets To Heavy Metal Detox & Brain Cell Repair

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Chapter 1) ELLAGICA



Chapter 1) ELLAGICA

Videos

[Anti-Viral, Anti-Bacterial, Anti-Fungal, Anti-Parasitical Anti-Cancer, Anti-Oxidant Formula](#)

In this article we will discuss how viruses, bacteria, [fungi and parasite affect](#) human health, and what we can do to protect ourselves from them. This entire project was actually inspired by a phone call I received from my wife when she was visiting her parents several thousand miles away. She told me that our eldest son had suddenly come down with a high fever, sore throat and swollen glands.

She asked me what I thought might be going on. I told her that he either had a viral or a bacterial infection, most likely strep throat. She asked if there was anything she could get at the health food store, as

we don't like giving antibiotics in our family except as a last resort.

I told her that in my experience, there was nothing that really worked well for either viruses or bacteria that could be found in health food stores. There were plenty of products that increased the *strength* of the [immune response to infection](#), but nothing that directly attacked the infections themselves.

Well why not get something that would increase his immune system strength she asked.



Our son had a fine immune system I assured her, and I the presence of whatever infection he had was certainly already stimulating a very [powerful immune response](#). Taking herbal extracts to increase the activity of his immune system would do nothing as it was already on high alert churning out antibodies, natural killer cells, white blood cells and all the assorted immune agents that were appropriate for whatever infection he had.

My wife was puzzled. I explained that all the products you find on the shelves of the health food



store for colds and the immune system were beneficial to people with weak immune systems to begin with.

What our son needed was something that directly attacked the infection itself, not an immune stimulant.

If it were a virus, we would simply have to let it run its course, and if it was a bacteria, she would have to decide on whether or not to give our son antibiotics.

Well, our son finally got over the infection, but the experience made me determined to create a broad spectrum anti-microbial. I wanted something that would work regardless of the type of infection. I wanted to create the proverbial 'one thing' that you would take to the deserted island with you. Specifically, I wanted something that went after the [infections](#) directly and didn't just stimulate an already stimulated immune system.

How could I make such a product? There are literally thousands of different types of bacteria

and [viruses](#) that make people get sick, and they each of them would need to be addressed. I envisioned a mix of hundreds of exotic herbs from around the world each addressing a different kind of [infection](#).

Luckily, the answer was much easier than I thought.

It turns out that there is a *single* ingredient with the ability to directly attack **almost** every infection known to man, and it's found in the most unlikely of places... the humble raspberry. We'll talk more about what this ingredient is and how it works, but first, let's start with a little biological history lesson.

It is currently accepted that man rests firmly at the top of the food chain. Unless we wander into the African jungle to be confronted with a lion, or go swimming in the mid Atlantic and come face to face with a [Great White shark](#), we fear no animal. Even in these cases, we have technology to make us safe. We have guns to shoot lions and steel cages should we wish to get close to a man-eating shark and live to tell the tale.

This invulnerability to other life forms is however an illusion. There are millions of creatures that have

been feeding on us, and often killing us since the dawn of time. I'm speaking of course not of large and fearsome beasts with claws and fangs but the tiniest of God's creatures. I'm talking about viruses, [bacteria, fungi and parasites](#).

Throughout human history, we have been at war with these infective microbes. They have colonized us, living in our skin, our lungs, our intestines, and our internal organs. Our bodies have become their homes and their food source.

Early man could not attack these tiny creatures the same way he could attack a tiger or a pack of wild dogs. New strategies had to be devised.

The discovery of fire and the subsequent cooking of our food was our first technological advance and major victory in our war against microbes. Parasites and bacteria were unable to survive the high temperatures of our cook fire and so we became somewhat protected against parasitic infections of the intestines and bacteria like e coli.

The next advance was the observation that eating certain plants could help the body rid itself of certain infections.

This body of knowledge was first learned by watching what plants sick animals would eat to regain their own health and represents the true origins of modern medicine.

The next advance was the domestication of cats. Cats helped us by hunting down the rats and mice that were attracted to the food and garbage of our settlements. In communities where cats were unknown, rat and mouse populations grew unchecked and were impossible to eradicate. The rats and mice themselves were not the problem. Certainly they were a nuisance, but the real danger they represented came from the [infections](#) they carried. In 1347 the Black plague, a disease carried by rats and mice, killed 1/3 of the population of Europe.



Better sanitation, plumbing and refrigeration were the next major advances in our war against microbes. Piles of garbage in early human settlements attracted swarms of flies and other disease carrying insects. Instead of human waste and refuse being thrown out of the window into the streets, indoor plumbing and [garbage removal services](#) were instituted. This resulted in the decrease in the number of these disease carrying insects in and around our homes and places of work. Hot and cold running water made clothes and bedding easier to wash on a more regular basis minimizing the mites and molds that made our blankets their staging ground for their nightly assault on our skin. Finally, refrigeration first thought the use of river ice then dry ice and finally modern refrigeration systems slowed the growth of mold and bacteria on our food. All of these advances moved us forward again.

The most recent major advance was of course the [discovery of antibiotics](#) by Alexander Flemming in 1929. By observing that certain molds killed certain bacteria, he was able to discover penicillin. This led to both a deeper

understanding of bacteria in general as well as an entire industry dedicated to searching out new and more effective ways to kill bacteria.

We've come a long way in our understanding of microbes and our abilities to deal with them and modern man lives in a mostly disease free state. Still, the question remains, can we do better? Can we decrease the number and severity of childhood infections?

Can we prevent or shorten the length of the common cold? Can we rid ourselves of the chronic infections that make their homes in us? Can we finally win the war against [microbes](#) that was started so long ago?

Let's look at the different kinds of microbes we face and see what can be done about them.

The 4 major classes of infections are viruses [bacteria, fungi and parasites](#).

Let's begin with viruses. Viruses are among the most dangerous infections that we, as a species, have to deal with. Unlike other microbes that are typically spread by vermin or insects, viruses

can spread directly from human to human through a sneeze or cough. Smallpox killed some 500 million people last century and influenza another 100 million in the 1918 outbreak alone. Now with overpopulated cities where people are in close proximity and given the ease of international travel, a major viral pandemic would be much worse.

According to the Centers for Disease Control, if another major [influenza pandemic](#) were to occur today, estimates are for a billion dead.

While researchers work furiously to develop antiviral drugs, a truly effective broad spectrum antiviral mediation still eludes them.

Still, we don't need to look to the apocalyptic to see the effects of viruses.

Viruses are vastly underestimated as a cause of chronic disease today. It's not just the millions who currently suffer from viral infections such as Hepatitis C, Aids, and Herpes that are affected, but the average man and woman on the street.

Everyone without exception is infected with the Epstein Barr, Cytomegalovirus and herpes viruses.

Most people are strong enough to keep these viruses from being much more than a low-grade nuisance, but they slowly eat away at our vitality taking advantage of us when we are tired or under the weather. They are among the many opportunistic infections that wait for us to let out guard down.

What is also generally unknown is that many of the conditions currently considered to be genetic in nature are in fact viral in origin.

How does this mix up happen? Firstly, viral infections are virtually impossible to detect, so unless you know exactly what you are looking for you are likely to miss them. Secondly, viral infections also have the ability to cause genetic mutation.

Thus, in some cases, the genetic mutation that a scientist points to as the cause of a disease is actually the result of a virus he cannot detect.

Many people today who are told that they have an incurable genetic disease actually have a very curable viral infection.

If you are dealing with disease of unknown or genetic origin or are just feeling run down, odds are you're dealing with a virus.

Even though modern medicine has yet to come up with a truly effective broad-spectrum anti-viral medication, there is a natural way to directly attack viruses.

First, you need to understand a little about how viruses work. Unlike all other life forms, viruses are unable to reproduce on their own. Viruses reproduce by commandeering the machinery of our own cells, turning them into virus making machines. Our own cells end up making the very viruses that make us sick.

While this is a very clever strategy for the virus, it does have one exploitable weakness. In order for a virus to reproduce and make us sick, it must first enter a cell. As long as it stays outside a cell, it can't hurt us.

This is where we should focus. How can we keep a virus from entering a cell in the first place? It turns out that **many** viruses use an enzyme called integrase to get inside of our cells. If we can inhibit the integrase enzyme, then **many** viruses won't be able to get inside our cells to reproduce. Therefore, if we can inhibit the integrase enzyme, we can inhibit **a good percentage of** viruses. Furthermore, since integrase is not a human enzyme, inhibiting it is harmless to us.

Now back to our friend the raspberry. Ellagic acid, a compound made from raspberries does just what we are looking for in our fight against viruses. [Ellagic acid is an integrase inhibitor.](#)

Thus we take Ellagic acid, we will be able to inhibit **many** viruses, known and unknown, from entering our cells and reproducing.

Rather than focus on any one virus and how to stop it, Ellagic acid focuses on **a** key enzyme many viruses share.

Now let's turn our attention to bacteria. The antibiotic revolution made once feared diseases like tuberculosis, staph and strep manageable and often curable. Well, at least they used to be. [Massive overuse of antibiotics](#) in hospitals and in livestock management has given rise to the superbug. The superbug is antibiotic resistant and very aggressive.

The very bacteria we thought we had beaten are now making a comeback and threatening to wreak havoc around the globe. Right now 2 billion people in the world, or roughly 1/3rd of the world's population has tuberculosis, and antibiotic resistant staph and strep run unchecked through our hospitals, often infecting and sometimes killing patients who come in for routine operations.

This is understandable. Bacteria reproduce so quickly and mutate so easily that developing resistance to any particular antibiotic drug was only ever just a matter of time.

What we need is a way to stop all bacteria, not just one type or another. Moreover, we need to

find a way to stop bacteria at a level that they cannot mutate around.

The deepest level of any life form is its DNA. Is there a way to affect bacterial DNA without harming ourselves?

It turns out that there is. Bacteria like most life forms coil their DNA molecule into a very tight ball. This coiling is required to fit the sometimes 10 foot long DNA molecule into a tiny bacterial cell. That's right, DNA can be up to 10 feet long, and it has to fit in a cell 30 million times smaller than its length.

Now what would happen if we were able to uncoil that DNA strand? What if we could pull on it like the loose string on a knitted sweater?

You guessed it, the whole coil would unravel. When the [DNA is coiled up](#), the information is accessible, but in an uncoiled state, the DNA would be unreadable. In this state, the bacteria wouldn't have the information required to run it's basic life processes. In other words, the bacteria would die.

Here's an analogy to illustrate how this works. Imagine that you want to build your first house by yourself. Having never done this before, you decide to go to library to get some books on basic carpentry and architecture. Unfortunately, when you there you find that a minor earthquake has knocked all the books off the shelves into a disorganized mess on the floor.

You know somewhere in that mess are the books you need, but it would takes months to find them.

It's the same when you unspool the DNA of a bacterial cell. The information, in this case the DNA, is still there, but it is inaccessible and the bacteria dies unable to get the instruction on how to maintain its basic life processes.

Is there a way to accomplish this task?

Ahh the humble raspberry, it saves us again. That same ellagic acid compound we can get from the raspberry that kept the viruses from

entering our cells also causes the DNA of bacteria to unspool.

It turns out that all bacteria use an enzyme called gyrase to keep their DNA coiled, and ellagic acid inhibits this enzyme. Unlike antibiotics that only work on specific types of bacteria, ellagic acid inhibits all types of bacteria. Furthermore, since gyrase is not a human enzyme, inhibiting it is harmless to us.

Now let's turn our attention to fungi and yeast. When people are infected with these microorganisms, they are literally molding like a piece of bread or cheese left in the cupboard too long.

Molds have been only a minor annoyance in the last 50 years limiting themselves to ruining grain harvests and occasional toenail infection, but times are changing. Toxic molds now commonly colonize houses and work environments getting into walls and ceilings and ventilation systems. These molds can then transition into our lungs where they may be impossible to eradicate. [Chronic intestinal fungal](#) and yeast infections are

also on the rise. These intestinal infections bore holes in the mucosal membrane of the intestines allowing undigested proteins to enter in to the bloodstream where allergic reactions ensue. Medicine has antifungal and anti-yeast medications but the problem is that many of these are toxic to the liver and other organs. What would be useful is a way to attack these fungal and [yeast infections](#) without hurting our own cells. Is there some part of the life cycle of these two types of infections that we can inhibit on without hurting ourselves?

It turns out that the same ellagic acid that stops viruses from entering our cells and causes bacteria to unravel their DNA also inhibits a key pathway in the life cycle of fungi and yeast.

Fungi and yeast are types of plants and so have a different type of cell wall than we do. Whereas our cell walls are made up of proteins and fats, and are soft and pliable, their cell walls are made up of sugars, one of which is called Chitin. This Chitin is made with the help of an enzyme called Chitin Synthase II, and fortunately for us, ellagic acid inhibits it.

Without the ability to produce Chitin, fungi and yeast cannot grow or reproduce, and given time, will die, and unlike common antifungal and antiyeast drugs, ellagic acid has no known toxicity to our own cells. Since Chitin Synthase II is not a human enzyme, inhibiting it is harmless to us.

The last type of infection to address is that of parasites. Many think that only third world inhabitants are at risk for parasites, but in fact virtually everyone has some degree of parasitic infestation. Going to restaurants, owning animals or traveling abroad virtually guarantees some degree of parasitic infection.

For the most part, parasites are happy to sit in your intestines and internal organs and slowly suck your blood. While there are many parasites that can kill a person, [most parasites](#) would rather suck as much life out of their host as they can, without outright killing them.

Parasites are the largest, smartest and most evolved of the 4 infectious types and so it makes sense that they have the best survival strategy. Unfortunately, most antiparasitic drugs have side effects worse than the symptoms of the original parasite itself. Is there some way we can deal with parasitic infections without hurting ourselves in the process?

Again, ellagic acid and the raspberry come to our rescue.

While the exact mechanisms of how ellagic acid kills parasites is not fully known, it has proven itself against a number of different parasites. Current scientific thought suggests it has something to do with the Glutathione Reductase Pathway, but that is beyond the scope of this presentation.

This concludes our discussion of how the ellagic acid can be used to suppress viruses, bacteria, fungi, yeast and parasites. There is one more condition that ellagic acid has shown positive results with that we will discuss here, and that is cancer.

In fact, if you look in the scientific literature, ellagic acid is better known for its ability to fight cancer than anything else.

While there are several different ways in which ellagic acid both protects against cancer and help [fight against cancers](#) that have already formed, the one we will discuss here is its ability to cause cancer cells to self-destruct. The technical term for this is apoptosis.

Whenever a cell becomes cancerous, our DNA sends it a signal to self-destruct. This is one of the most powerful safeguards we have in preventing cancer and it works the majority of the time. Unfortunately, it only takes one cancer cell capable of blocking this signal for a tumor to form. It is specifically those cells that are capable of overriding the self-destruct signal from the DNA that continue to grow and eventually form tumors. What ellagic acid does is too powerfully reinstate the self-destruct signal in cancerous and precancerous cells.

Unlike chemotherapy which damages healthy and cancerous cells alike, apoptosis, or cell self-destruction, only applies to cancer cells and other damaged cells that are no longer useful or safe to have in the body.

There are other ways in which ellagic acid supports the body in dealing with cancer including protecting our DNA from mutagenic chemicals, causing the growth cycle arrest of cancer cells, and protecting the cellular regulatory gene, P53, but these are beyond the scope of this presentation.

Ellagic acid is truly a remarkable compound. It inhibits viruses, bacteria, fungi, yeast and parasites. It helps support the body in its fight against cancer.

It truly is the one thing that you would take with you to the proverbial deserted island.

I hope this information has been useful for you. For more information about [ellagic acid](#), or to order Ellagica, a USP grade ellagic acid supplement,

contact the health care provider who gave you this CD.

To learn more about Ellagic Acid go to:

<http://www.balancedhealthtoday.com/ellagica.html>



Chapter 2) XENEPLEX

Chapter 2) XENEPLEX

Videos

[Molds, Chemicals, Bacteria, Fungal Toxins Detoxified from the Body](#)



This presentation will discuss the kinds of toxins we humans have been exposed to both historically and currently, the way in which the body deals with these toxins, and what we can do to support the detoxification process.

[Pre-industrial men](#) and women had very little to worry about in terms of toxic exposure. The kinds of toxins he or she might encounter were limited to the smoke from a cook fire, the occasional poisonous plants and mushrooms that might find their way into the soup pot, the toxins found in moldy foods and heavy metals like lead and mercury found in well and river water.



The name of the [detoxification system](#) that handles these types of poisons is called the glutathione conjugation pathway, and for pre-industrial man, this was all that was needed.

Modern men and women have these same types of toxins to deal with, but both the manner in which we are exposed to them, as well as the amounts we are exposed to have changed.

Let's look first at smoke. Our troubles began in the 1800's with the widespread use of coal as an energy source for homes, factories, transportation and the production of electricity.

In London, infamous 'black fogs' from burning coal would last for days, darkening both the faces of the buildings and lungs of its inhabitants.

Many of the inhabitants of London and other newly industrialized cities became sick and died. In time, legislation was passed putting coal burning plants farther away from residential sectors but this was only a short-term solution. There is only one planetary atmosphere and as more and more countries became industrialized, the smoke from burning coal became a worldwide problem.



Add to this the exhaust expelled from the now nearly 600 million vehicles on the world's roads and you can see that the 'smoke problem' has only increased. In some cities like Los Angeles and Mexico City, daily 'smog' reports are given in the newspapers and radio stations letting people know how safe it is to go outside and breathe the air. Comparing photos of the atmosphere over the last 20 years,

meteorologists have been able to document a significant darkening of our skies. A thick cloud of toxic air has settled over the planet, and while it is worse in some areas than others, the atmospheric changes are evident from pole to pole. Add to this the fact that some of us breathe smoke directly into our lungs with cigarettes, and the problem is only compounded.

Our glutathione system was sufficient to detoxify the smoke of a small cook fire, but it is overwhelmed by the sheer mass of airborne toxins it must currently deal with, and so these airborne toxins begin accumulating in our bodies.

Let's move on to the next type of toxin, chemicals. The only chemicals pre-industrial man was exposed to would be found in the plants he would eat. Plants have various defenses against being eaten. Some plants like cactus develop sharp spines as deterrence, others manufacture chemicals that make those who ingest them sick. Cooking would often destroy or dilute these poisons to levels that

were no longer harmful, but still, we would occasionally need the [glutathione system](#) to deal with them from time to time.

Today, we are exposed to thousands of chemicals on a daily basis. Each year an estimated 400 million tons of the six to seven million known chemicals are produced for use in industry. Artificial colors and flavors, preservatives, toxic sugar substitutes and many other chemicals go directly into our food and drinks. The rest of these chemicals eventually find their way into the air, soil and groundwater and then into our bodies.

Again, our glutathione system is overwhelmed, and as a result, our bodies begin accumulate toxic chemicals.

The third group of toxins we will discuss are those that come from [bacteria and molds](#). It may seem odd that we are still dealing with bacteria and molds in the 21st century. After all, refrigeration keeps food from spoiling, so where

would we find ourselves exposed to them? Lets look at molds toxins first.

All the grains, nuts and seeds we eat are routinely tested for mold toxins, and if they test above a certain level, they are removed from the human food supply. Evenwith this inspection, our food is often infected mold toxins at some level. Take any nut, grain or seed and look at it. It probably looks fine, but place it under an ultraviolet light in a dark place and you



will often find the telltale eerie green glow given off by mold growing on the food you were about to eat. Animals get even less protection. The feed given to cows, poultry, pigs and fish are allowed to, and regularly have, extremely high levels of mold toxins in them. Food considered too moldy for [human consumption](#) is purchased at a discount as feed for these unlucky animals.

Over the animal's life, these mold toxins continue to concentrate in their tissues in ever-increasing amounts. When we then eat these toxic animals, their mold toxins are passed on to

us. Through the principle of biological magnification, we often end up with mold toxin levels hundreds of times higher than that of the livestock we actually eat, and thousands of times higher than the moldy feed they eat.

This, added to the fact that these animals are all massively dosed with antibiotics from the day they're born until the day they're slaughtered to prevent their cramped and unhygienic living conditions from giving them infections makes for even greater mold toxin exposure.

When you include the toxic [molds growing](#) in the walls and ventilation systems of most houses and office buildings, you can see that we actually have a significantly greater exposure to mold toxins now that we did 300 years ago.

Again, our glutathione system is overwhelmed, and as a result, our bodies begin accumulate mold toxins.

Okay, we've discussed molds, now let's look at bacteria.

Better hygiene has removed most of our bacterial exposure with one exception, and that is the bacteria we carry within our own bodies.

It may be surprising for you to learn that there are more bacterial cells living inside your gut than there are cells in your own body. Billions of bacteria live in our mouths, on our skin, but especially in our gut. Now if you were breast

fed as child and never given antibiotics, then it is likely that your gut is filled with healthy, life giving bacteria. These good bacteria help you [digest your food](#) and produce useful



things like B vitamins and vitamin K. On the other hand, if you have ever taken antibiotics, then you've killed off some of your good bacteria and bad bacteria may be growing in its place. These bad bacteria can secrete toxic waste products sometimes directly into our bloodstreams day in and day out for our entire lives.

Again, it is our belabored glutathione system that is required to deal with these toxins.

Finally, lets discuss heavy metal exposure. The only source of heavy metals for Pre-industrial men and women would have been their drinking water. Unfiltered well and river water could have small amounts of lead, mercury, arsenic and other metals in it, but rarely in amounts high enough to be of concern in most locations.

We on the other hand are continually exposed to heavy metals in unprecedented amounts. Its estimated that we will eat 1/3 a teaspoon of mercury, 1 teaspoon of arsenic, 1 teaspoon of lead, 1 teaspoon of nickel, and over 3 pounds of aluminum in our lifetime.

There is no way that our glutathione [detoxification system](#) can hope to keep up with this level of exposure, let alone deal with all the other types of toxins we have discussed.

What we need to do is find a way to support our overwhelmed glutathione detoxification pathway so it can get these toxins out of our bodies.

To support the glutathione detoxification pathway in our bodies we have to do two things. We have to increase the amount of glutathione in our bodies, and we also have to increase the levels of glutathione S Transferase, the enzyme that the glutathione works with.

Let's look at increasing the glutathione first.

Glutathione is a tripeptide protein and is made up of the amino acids cysteine, glutamic acid and Glycine. It is made in every cell in the body and in addition to its job in detoxification, it is one of the body's most important antioxidants.

Because of its tripeptide structure, oral supplementation of glutathione just doesn't work. When taken orally, glutathione is simply digested into its original amino acids building blocks, just as it would any other protein. This is precisely why the glutathione given in a hospital emergency room for acute poisonings is given intravenously. [Glutathione](#) simply can't make it through the digestion process intact.



Another method to increase glutathione is to take additional cysteine, glycine and glutamic acids, but there is no guarantee that they will make glutathione since there are many other uses for these amino acids that compete with glutathione production for their use.

Fortunately, there is another option. Glutathione can also be given by suppository. Since there are no digestive enzymes or acids in the colon to break the glutathione down, rectally administered glutathione enters the body fully intact. Unlike intravenous glutathione, which is

invasive, time consuming, and requires a medical professional to administer, suppository glutathione can be done at home by anyone.

Okay, that takes care of glutathione. The second thing we need to do is increase glutathione's enzyme cofactor glutathione S Transferase. It's the Glutathione S Reductase that actually attaches the glutathione to the toxins.

Without this enzyme, the glutathione simply won't work.

So we know how to increase glutathione, the question that remains is how can we increase the glutathione S Transferase. The answer, surprisingly, is coffee.

Everyone knows of the ability of coffee to keep us awake when we're tired, but it is also a great detoxifier... but here's the catch, it has to be taken rectally. Drinking the coffee won't have the same effect. This is because when coffee is taken rectally, it goes right to the liver where it has an entirely different effect than when you

drink it. [Orally administered coffee](#) is a stimulant, but only a mild detoxifier. Rectally administered coffee is a relaxant, and a powerful detoxifier.

The first recorded application of rectally administered coffee was in a German Army hospital in World War I where its healing effects were discovered quite by chance.

Patients are often given enemas to empty their intestines before surgery, and in one case, a German nurse, unable to find any other warm liquid to use, gave enemas to some soldiers with coffee instead of water.

The patients who received the improvised coffee enemas reported an immediate decrease in pain. Later, these same patients demonstrated faster recoveries from their wounds and surgeries than their compatriots who received the standard warm water enemas.

The coffee enema quickly gained popularity with surgeons and medical clinics around the world

as a method of both cleansing the liver and rejuvenating the body.

Today, coffee enemas are commonly administered in alternative cancer clinics both as a means of detoxification as well as a general rejuvenator to the body. While many of the younger doctors have not heard of the benefits of coffee enemas, favoring drugs instead of natural remedies, many of the older doctors swear by it.

Fortunately, we don't have to take an enema to get this special benefit of coffee. Similar to Glutathione, coffee can also be administered as a suppository. The advantage of using coffee in suppository form is that it is faster, more convenient, and does not wash away electrolytes or impose an additional fluid load on the heart and kidneys like an enema will.

To this end, we have created Xeneplex suppositories. [Xeneplex](#) suppositories contain both glutathione as well as organic coffee extract.

The glutathione in [Xeneplex](#) is delivered intact right to the body, and the coffee helps raise the glutathione S Transferase levels at the same time. Using these two ingredients together you can literally supercharge your body's detoxification system.

Our body has the ability to detoxify us, provided we support properly. We live in toxic times, but we don't have to live in toxic bodies.

Welcome to part two of the Xeneplex Presentation. In this chapter we will discuss how phthalates, one of the most common and debilitating poisons that we are exposed to on a daily basis damages our health, and what we can do about it.

Phthalates are the chemicals that are added to plastics and other products to make them more flexible. Phthalates give us products like Styrofoam cups, ziplock bags, Tupperware containers, plastic wrapped foods, plastic lined milk and juice cartons... and of course, plastic water bottles. Plastic water bottles can be the

worst offenders as the more pure the water, the more it will leach the phthalates from the plastic bottle. It's a cruel irony that health conscious people who drink bottled water are actually taking in more toxins from their plastic water bottles than they would get from drinking unfiltered city tap water. Even babies get soft plastic teething toys, plastic pacifiers and plastic formula bottles.

Phthalates are also found in clothing, toys, cosmetics, perfumes, nail polishes, hairsprays, skin creams, mosquito repellants, toothbrushes, car interiors, hoses, paints, vinyl, sealants, adhesives and the list goes on. Look around you. Phthalates are everywhere.

Now if these phthalates were to stay in their host products, it would be fine, but they don't. You see, phthalates aren't chemically bound to the materials they are added to.

They leak into our water, juice, milk, and food they are supposedly protecting. They leak out of the clothes we wear and pass into our bodies

through our skin. They off-gas from our floors, walls, cars and furniture and go into our lungs. In fact, [phthalates](#) are the number one toxin in the body with an amazing 3 milligrams of them being absorbed a day.

Put another way, you will eat, drink or inhale over 18 teaspoons of phthalates in your lifetime. Many health conscious people now eat organic foods to minimize their pesticide exposure, which is of an excellent idea, but what they are unaware of is that phthalates are even more toxic than many pesticides and that in an average day, we absorb 1100 more phthalates than we do pesticides.

The first signs of phthalate toxicity showed up in the Korean and Vietnam Wars where injured soldiers would occasionally go into shock and die within minutes of being given blood from plastic IV bottles. Before this time, blood was stored in glass bottles but in 1948 with the invention of plastic blood storage bags, the military abandoned the use of blood in glass bottles since it was too easily broken in a wartime environment.

Unfortunately, the phthalates leaked from the plastic bags into the stored blood and then were put directly into these poor soldiers bodies. Many good men died, not from their wounds, but from phthalate toxicity. Medical researchers who noticed the greater number of men who died of shock in these later wars attributed it to the hotter climate but phthalates were the more likely culprit.

Once in our bodies, phthalates wreak havoc with our endocrine system, cause birth defects and cancer, and damage our mitochondria, [liposomes and peroxisomes.](#)

Let's look at these one at a time. The endocrine system is composed of the hypothalamus, pituitary, pineal, thyroid, thymus, adrenals, testes and ovaries and all the other glands that secrete hormones.

Now peroxisomes can take a lot of damage, in fact, they are specifically built to be able to

break down toxic chemicals, but they can't handle are phthalates, and these are the very toxins that we are most frequently exposed to.

So to keep the peroxisomes healthy, the first thing you have to do is to 'get the plastic out'. You can do this by minimizing your exposure to plastics. Unfortunately, avoiding all plastics is virtually impossible in the modern world, which brings us to the second thing we need to do and that is to actively remove the phthalates from our bodies.

This can be accomplished in two ways. The first method is to take regular saunas. A certain amount of phthalates can be removed with a good old-fashioned sweat and this is something each of us should be sure to do at least once a month. Unfortunately, this can only get rid of the [phthalates](#) that are in the skin and fat. To get the phthalates out of the deeper internal organs, we need another technique.

To get the deep seated phthalates out of the body we need to use our innate glutathione

detoxification system. Glutathione is the body's main detoxifier and fortunately, it can remove phthalates. If you've already listened to the first CD in this set, then you will be familiar with Xeneplex, our glutathione support product. If not, then when this chapter is over, put the other CD in and give a listen to the first chapter. It will go into the glutathione system in more detail.

Okay, back to the peroxisomes. We now know that phthalates are main chemical insult to the health of the peroxisomes. Now, let's turn our attention to how many peroxisomes we actually have.

Outside of detoxifying poisons, the main function of the peroxisomes is to burn fat, so when our cells sense that fat and oil consumption has increased, they produce more peroxisomes to help metabolize it. Likewise, if they sense that less fats and oils are being consumed, they decrease in number.

One of the main ways that our cells determine how much fat and oil we are consuming is to

monitor the level of sitosterols in our body. Since sitosterols are always found in fats and oils, this gives the cells a way to determine the amount being eaten, and then to increase or decrease peroxisomes production accordingly.

This peroxisome regulation system worked flawlessly right up until the fats and oils began being mass-produced last century.

You see, fat and oil production companies don't like sitosterols. [Sitosterols](#) gum up their multi-million dollar processing equipment. They make their product cloudy and give it a taste and odor some people object to. They also cause their products have a shorter shelf life. So what did these companies do? You guessed it. They filtered out all the sitosterols from their products.

So, what happens when you eat these unnatural sitosterol-free foods? The cells are misled into thinking that the fat and oil consumption is much lower than it actually is. Over time this causes a decrease in the number of peroxisomes.

Since peroxisomes burn fat in the cells, less peroxisomes means less fat burning capability. This can cause fat to be put in storage around the body, and not just in the thighs and around the waist. In fact, fat can accumulate virtually anywhere in the body. When fat accumulates in the arteries, it is called atherosclerosis. Fat accumulation under the skin is called cellulite. Fat can and does accumulate in every organ including the heart, brain, lungs, nerves, liver, bone marrow and the spleen to name a few.

So, what can we do? First, stop eating refined fats and oils. In this manner, your cells won't be blind-sided by fats and oils they can't see.

Second, consider increasing your intake of sitosterols. This way, you can stimulate the production of more peroxisomes, and start the process of burning all that accumulated fat out of your body.

According to the Centers for Disease Control 57% of Americans are overweight with nearly 1/4 of us being clinically obese.

Detoxification, diet, exercise... and peroxisomes. A complete weight loss program must take all four of these subjects into consideration.

So let's recap.

Every cell has peroxisomes in them, whose job it is to burn fat and detoxify poisons.

Peroxisomes are under continual attack by the most common of all poisons in the human environment, phthalates.

Peroxisomes are also artificially decreased in number due to sitosterols being processed out of our foods.

The decreased health and number of peroxisomes in our cells can lead to fat deposition in all the organs of our bodies as well as an accumulation of many chemical toxins that the peroxisomes would otherwise detoxify.

The solution is

- 1) To avoid phthalates whenever possible.
- 2) To break a good sweat at least once a month to sweat some of the phthalates out
- 3) To support our glutathione detoxification systems so we can detoxify those phthalates we can't sweat out

And

- 4) To increase our sitosterol intake so as to stimulate the production of more peroxisomes.

For more information on Xeneplex, a product designed to support the glutathione detoxification system and assist with the detoxification of phthalates, or Endosterol, a highly bioavailable sitosterol product, please contact the health care provider who gave you this CD.

To learn more about Xeneplex go to
<http://www.balancedhealthtoday.com/xeneplex.html>



Chapter 3) Medicardium

To Learn More go to:

<http://www.balancedhealthtoday.com/medicardium.html>

Chapter 3) MEDICARDIUM

Videos

[Chelation Therapy, edta, heavy metal removal and heart disease](#)



Medicardium I

We live in a toxic world, but we don't have to live in toxic bodies.

Every day we are exposed small but significant amounts of toxic metals. Over the years, these metals accumulate in our tissues, slowly poisoning us. Because the toxic effects of these metals on our health are gradual, we often attribute them to aging, never knowing the real cause of our health problems.

In this audio presentation, we will discuss how toxic metals affect our health, how and where we are exposed to them, and how to safely get them out of our bodies.

The toxic metals we will address in this presentation are Mercury, Lead, Aluminum, Nickel, Arsenic, Cadmium, Uranium ...and Calcium.

You heard correctly, Calcium. Under certain conditions, Calcium, a mineral required for our

health can become a toxic metal. More on this later...

First, let's look at how we are exposed to the first 7 toxic metals we just listed, and what kinds of problems they can cause.

The first toxic metal we will look at is Mercury. Mercury is one of the most deadly substances known to man. It accumulates in the brain, [nervous system, heart, kidneys and endocrine glands](#) and can cause depression, auto-immune disorders, memory loss, tremors, anemia and heart attacks among other things.

Studies done by the University of Calgary have shown that when mercury comes into contact with nerve tissue, it can actually melt the myelin sheath right off the nerve causing the nerve to shrivel in a matter of seconds.

What is more unbelievable is that this highly toxic metal is actually put right into our mouths in the form of dental fillings. If you have silver fillings in your mouth, you may be interested to

know that those 'silver' fillings actually contain as much as 50% mercury by weight.

In fact, according to the environmental protection agency, there's enough mercury in one silver filling to force the closing of a ten acre lake.

The practice of using mercury in dental fillings began in 1833 when a pair of French entrepreneurs introduced it to American dentists. Most dentists initially dismissed the idea as dangerous as the poisonous effects of mercury were already well known.

Those few dentists who choose to use Mercury in dental fillings were derogatorily called 'quacks', which is an abbreviation of the word quacksilber, which was German for 'quicksilver', the common name for mercury at the time.

Over time however, using mercury in fillings became the norm, not the exception, and those dentists who chose to remove mercury from their patients mouths are now themselves called 'quacks'.

While modern dentists claim that the mercury in silver fillings doesn't leak in to the body, scientific tests show that each mercury filling in our mouth releases on average 17 micrograms of mercury into the body every day.

But fillings aren't the only source of mercury in our lives.

Mercury is also found in adhesives, air conditioner filters, cosmetics, fabric softeners, felt, floor waxes and polishes, laxatives, seafood, talcum powder and tattoos.

150 years ago, the only people exposed to mercury at toxic levels were the hat-makers, as the felt they shaped into hats contained high levels of this toxic element. Their continual exposure to mercury destroyed their brains and causing them to go slowly insane. This gave rise to the term 'mat-hatter'.

Now we are all exposed to mercury and with senility and other mental disorders on the rise, we should ask ourselves, to what degree is mercury to blame.

The next toxic metal we will address is lead. Lead is found in chocolate, canned foods, newspapers, toothpaste, cosmetics, plastics, batteries, gasoline, insecticides, pottery, ceramics and worst of all, soldered pipes. This means that every glass of water we drink, and every shower and bath we take increases our lead exposure. Lead accumulates in the brain, liver, bones, [kidneys and spleen](#) where it has many negative effects, but none more insidious than it's ability to alter behavior and intelligence. For each 30 micrograms of lead in our bloodstream, we can expect a 10-point drop in our IQ, as well as a decreased ability to deal with new environments and social situations.

The next toxic metal we will address is Aluminum.

Public water utilities universally use aluminum to remove debris suspended in the water supply. This is because when aluminum is added to water, it causes the little bits of dirt that are naturally suspended in the water to stick together and fall out of solution, making them easier to remove. This process is called

flocculation. Unfortunately, this process continues in our own bloodstream. You see, our own bloodstream also has little things floating around in it like... red and white blood cells, antibodies, hormones and platelets to name a few.

Flocculation may be a good idea in our drinking water, but when our bloodstream flocculates, it can cause serious problems such as strokes and heart attacks to name a few.

[Aluminum](#) is used to get the dirt out of the drinking water, but what is used to get out the aluminum? I would personally prefer a little dirt or sand in my water than toxic aluminum.

Another common source of aluminum is anti-perspirants. When aluminum is applied to the sweat glands under the arms, it literally glues them closed, preventing toxins from naturally leaving through the sweat. In women, once under the arms, the aluminum goes through the lymph nodes right to the breasts. It is likely that the high rate of breast cancers and other breast disorders we are seeing is to some degree a

result of women unwittingly poisoning their own breasts on a daily basis.

Other sources of aluminum include baking powders, feminine hygiene products, toothpaste, baby formula, antacids and of course aluminum foil, pots and pans. Aside from it's effects in the breasts, aluminum also accumulates in the skin, bones, brain and kidneys and can cause [Alzheimer's disease](#), [memory problems](#), dementia, aphasia, ataxia, convulsions and anemia.

It may be hard to fathom, but the average person will eat and drink over 3 pounds of aluminum in his or her lifetime. That's the equivalent of 292 square feet of aluminum foil. Is it any wonder that Alzheimer's disease is on the rise?

Let's move on to nickel. Nickel is found in stainless steel cutlery, pots and pans, coins, dental fillings and batteries. Given its use in cutlery and cookware, we are all exposed to nickel with each meal. Each fork and spoonful of food carries a trace of nickel with it. It

accumulates in the bones, kidneys, liver, lungs, immune system, sinuses and the brain where it causes genetic disease, cancer, but one of the most common problems associated with nickel exposure is skin conditions. Many people with chronic skin conditions are actually experiencing chronic nickel toxicity, and no amount of skin creams or lotions will ever work until this offending toxic metal is removed.

The next metal we will address is Arsenic. Arsenic is found in cigarette smoke, laundry [detergents, beer, seafood](#), colored chalk, wallpaper, wine and drinking water. Thus we are exposed to this poison in the first and second hand smoke as we inhale, the beverages we drink, and even the clothes we wear. It accumulates in the kidneys, liver and lungs, where it causes headaches, mental confusion and fatigue.

The next toxic metal we will discuss is cadmium. Cadmium is found in soft drinks, cigarette smoke, water softeners, rubber, motor oil, pesticides, fungicides, carpets, rust-proofings, silver polish, and plastics. Cadmium

accumulates in the kidneys, prostate and eyes and can cause fatigue, high blood pressure, hair loss, edema, arthritis and impotence.

The last of the traditional toxic metals we will discuss is uranium. Uranium is a radioactive element that causes disease and cancer everywhere it goes. There have been over 2000 nuclear detonations on this planet since Hiroshima, each one sending radioactive dust into the atmosphere for future generations to breathe in, not to mention disasters like Chernobyl and Three Mile Island.

The most recent use of Uranium is in the Iraq war. So far an estimated 2000 tons of uranium have been used in Iraq turning that country into a [radioactive nightmare](#) that future generations will pay for in horrible birth defects and cancer.

Our soldiers are also breathing this uranium dust in and bringing it back to their families in their bodies and their clothes. The increased number of birth defects found in the children of Iraqi war veterans is frightening. You don't have to be in Iraq however to be exposed to the effects

of this uranium dust. After all, it is just one world atmosphere. The uranium that is used in Iraq travels as a toxic dust around the world and ends up in our own lungs given time.

The fact of the matter is, no matter where we live and what we do, if we eat food, drink water and breathe air, we are being exposed to toxic metals.

Once a toxic metal gets in to the body, it is very difficult to get it out again. This is because these toxic metals aren't just floating around in the bloodstream or sitting in the fatty tissues. They actually become part of our body at a cellular level.

This happens because to the body, toxic metals look just like other elements, elements we need. This is due to similarities in atomic size and electron configuration.

Thus, rather than recognizing a toxic metal as a poison and getting rid of it, the body instead tries to use it like a nutritional element, and this is where the problem starts.

Take mercury for example. To the body, mercury looks just like the nutritional mineral selenium. Since most people are chronically [deficient in selenium](#), when a molecule of mercury floats by in the bloodstream, the body thinks, oh good, some selenium, I need that, and it gobbles it right up.

Of course mercury may look like selenium, but it doesn't act like selenium, in fact in many ways, it is the exact opposite of selenium. Once the mercury is incorporated into the body, it is free to exert it's toxic influence 24 hours a day generating free radicals, melting nerves and suppressing immune function.

In this same manner, lead is mistaken for calcium, cadmium is mistaken for zinc, and aluminum, nickel and uranium are mistaken for magnesium.

It is this insidious ability of toxic metals to trick the body into incorporating them into the tissues that makes them so difficult to get rid of.

Well, we've covered the traditional toxic metals, now let's talk about calcium. In the beginning of this presentation I mentioned that under certain circumstances, calcium can become a toxic metal. Let's discuss exactly how this happens.

Unlike the previous metals we have discussed, calcium is not toxic by virtue of what it is, but rather where it can go.

In a healthy body, 99% of the calcium is found in the bones and teeth.

Unfortunately, as we age, our bones and teeth lose this calcium, becoming weak and brittle. This process is known as osteoporosis and tooth decay.

But did you ever wonder where all this lost calcium goes to? It goes into the internal organs.

The most commonly known example of this toxic displaced calcium is the formation of kidney stones. Nearly 3 million visits to the

doctor and 600,000 visits to the emergency room in the United States are due to kidney stones. As anyone who's ever had one can tell you, passing a kidney stone can be one of the most painful experiences of a person's life. Even if calcium in the kidney doesn't form stones, it can decrease the filtering ability of the kidneys leading to a toxic bloodstream.

Another commonly known example of calcification is gallstones. Symptomatic gallstones account for more than 600,000 hospitalizations and more than 500,000 operations each year in the United States. Most people who have [gallstones](#) however, never know it. Even small gallstones that do not produce the kind of obvious symptoms that make one seek medical attention can cause problems. Gallstones can block the excretions of bile from the gall bladder into the intestines. This can cause constipation, poor digestion and absorption and a build up of toxin in the liver and bloodstream.

Well, that takes care of the two commonly known results of calcification, now let's look at

some of the less known results of calcification in the body.

Calcium also accumulates in the muscles as we age. This causes tightness in the muscles and in the extreme leads to a condition known as Fibromyalgia. If you feel the muscles of a small child you will see that they are soft and pliable. As we age however, our muscles become tenser and filled with knots. This is the calcification process at work.

Calcium can also deposit in the arteries. This process is called arteriosclerosis and atherosclerosis. When the calcium deposits up along the entire length of an artery, it can cause poor blood flow and high blood pressure. When it builds up in one spot in particular, it can cause a heart attack or a stroke.

Every day, [calcium accumulates](#) not only in the large arteries in the heart and major organs, but also in the tiny capillaries as well. These tiny blood vessels are so small that blood cells have to pass by single file in order to travel through them. Even a little calcification in these vessels

is enough to stop blood cells from flowing through them. While a blockage of one or two of these tiny vessels is of no great concern, over time, the cumulative effect can be catastrophic. As organs lose blood flow in what amounts to thousands of little local heart attacks a day, a person's health and vitality are compromised.

Another place calcium accumulates is in the brain. The technical term for this is acervulli, but it is more commonly referred to as 'brain sand'.

This gradual calcification of the brain is responsible in part for the loss in mental function as we age.

Calcium also accumulates in the eyes, the breasts and the prostate. In fact, the only place that calcium doesn't seem to accumulate as we age is in the bones and teeth where it belongs. The average man and woman lose 1% of their bone mass per year starting at age 35 until by age 70 30 to 40% of the bone mass is gone, and where did it go? Into our internal organs.

This gradual calcification is however not inevitable. The same process that we can use to remove toxic metals such as mercury and lead can also be used to pull this toxic calcium from our bodies. In fact, this process will not only remove this toxic calcium, but it can actually put it back into the bones and teeth where it belongs.

So, how can all this be done? With a process called chelation (key-lay-shun).

[Chelation uses a synthetic amino](#) acid called EDTA to go in and bind to these toxic metals and misplaced calcium and physically pull them out of the body.

The EDTA molecule has a very strong affinity for these metals and when introduced into the body, it attaches to these toxins. Once attached to EDTA, these toxins are made water-soluble and they wash right out of the body. Another way to think about it is to think of a greasy dish. All the hot water in the world won't remove all the grease but a little bit of soap does the trick. This is because soap is what makes grease

water-soluble. Add the soap and the grease washes right off. It's the same for EDTA and toxic metals. Add a little bit of EDTA and the toxic metals wash right out.

Nearly 10 million treatments of EDTA chelation have been prescribed over the last 50 years and in that time EDTA has proven its safety and efficacy.

EDTA is currently on the FDA's G.R.A.S. list. This acronym stands for Generally Recognized As Safe and is the seal of approval given to ingredients that have shown to be safe for daily use.

EDTA has traditionally been given as a three hour intravenous drip. This is because EDTA is a protein and if taken orally, it will be digested and altered by the stomach acids and digestive enzymes.

Chelation by I.V. is a time consuming, expensive and invasive procedure.

Fortunately, there is another way to get EDTA into the body, and that is by suppository. This method has been used for nearly 20 years and is considered to be just as effective as intravenous administration.

Chelation by suppository is safe, convenient and very effective.

Magnesium Di-Potassium EDTA suppositories are now available without a prescription. If you're concerned about your level of toxic metal exposure and body calcification, contact the health care provider that gave you this CD. We live in a toxic world, but we don't have to live in a toxic body.

Part II

We live in a stressful world, but we don't have to live in a stressful body.

You already know from the previous chapter how EDTA can help detoxify us. In this second part we will talk about how magnesium, a mineral attached to EDTA in Medicardium

suppositories can help us cope with the causes and effects of chronic stress.

Before we look at this mineral, let's learn a little more about how stress affects the body.

Our nervous system has two settings. One, the parasympathetic system is for normal everyday life, and the other, the sympathetic system is for emergency situations.

You've probably already heard about the emergency system. It's also called the 'fight or flight' system. This is a very ancient system and it was designed to help us deal with physically dangerous situations.

Take a caveman, for instance. There he is, walking out of his cave one sunny morning, minding his own business, when out from behind a boulder jumps a large and hungry tiger. In order to survive, he's either going to have to run very fast, or fight very hard. Thus the body in its wisdom gives the caveman every ounce of strength it's got. To do this, it takes energy away from any system not immediately

involved in his survival, and sends that energy to his arms if he's going to fight, or his legs if he's going to run.

Hence the term 'fight or flight'.

The most commonly cited example of a non-emergency system is turned off by stress is the digestive system.

After all, you don't need to digest your lunch if you are fighting for your life. That blood that would normally be in the stomach and intestines absorbing food is really better used in the arms and legs during an emergency.

What else is turned off?

In addition to [digestion, immune function, sleep](#), sexual function, growth and repair are also all put on hold.

After all, does a caveman really need to fight that nagging cold, get a good night's sleep, enjoy physical intimacy with his cavewoman, or

repair any injuries when he's dealing with a tiger? Of course not.

Even the sense of touch is suppressed by stress. After all, it makes no sense to be distracted by pain when you're fighting for your life, so stress dulls the sense of touch. It's called stress-induced analgesia.

These are just a few of the systems that are turned off in response to stress, but the effects don't stop here. Stress also causes blood to clot. Here's how it happens.

When the caveman is confronted by a tiger, his body knows that there is a good chance that he will be bitten or mauled and lose some blood. To keep him from bleeding to death, his body therefore makes his blood very sticky and coagulated. This way, if he's injured, the blood will clot faster and he might not bleed to death. Unfortunately sticky, partially coagulated blood is harder to push through the arteries. This raises blood pressure and in the long run, can cause a stroke or a heart attack.

But remember, the caveman is only trying to survive the next 5 minutes. After he either fends off the tiger, or makes his escape, he can calm down and his body can go back to normal. Once the stress of the tiger is gone, his body can go back to the [business of digesting](#) his food, fighting infections, repairing and replacing damaged tissue, enjoying physical intimacy with his cavewoman, taking a nap and maintaining normal blood viscosity.

But what would happen if the caveman had to deal with a tiger every hour. You could imagine how over time his stress response alone could kill him, even if the tigers didn't.

This is exactly what happens to most of us, on a daily basis.

Now it's true that there aren't any tigers in the 21st century, but there are other kinds of stresses. Work, family, bills, health concerns, mortgage payments and traffic jams to name a few. All of these are stressors, modern day tigers, if you will, and they never go away.

While a lot of things have changed in the last few thousand years, our response to stress isn't one of them. Our bodies still equate stress with danger.

There is only one emergency stress response system and it doesn't differentiate between a tiger and a traffic jam.

The epidemic of digestive, immune, sexual and cardiovascular disorders added to the [prevalence of insomnia](#) only prove the point. Most of us today are suffering from the effects of chronic stress.

So, what do we do? The trick isn't to avoid being stressed, that's impossible. What we need is to be able to suppress the 'fight or flight' stress response whenever possible.

To do this, we need are the mineral magnesium. It is magnesium that turns off the 'fight or flight' emergency system.

Unfortunately, getting magnesium can be quite difficult.

The problem with magnesium began in 1840 when a German scientist named Justus von Liebig discovered that if a farmer put the minerals nitrogen, phosphorous and potassium back into the soil, you could grow crops on the same piece of land over and over again without needing to move around. This was a big discovery, because for the previous 5,000 years, farmers knew that if they planted their crops on the same soil more than a few times in a row, the crops would die. In order to have healthy crops, they needed to rotate their crops among several fields, planting on some, and letting others rest and regenerate.

What Von Liebig showed farmers was how to bypass this important process of regenerating the soil. What [Von Liebig discovered](#) was artificial fertilizer. Now farmers could plant all of their fields all of the time. Productivity skyrocketed.

Unfortunately, Von Liebig did not include magnesium in his fertilizer mix. Thus, over

time, both the soil, and the plants grown on them became extremely magnesium deficient.

Since the major source of magnesium in the human diet is from the plants we eat, we too have become magnesium deficient. Truly, a nation is only as vital as its soil.

Thus for generations, magnesium has been the single most deficient mineral in the human diet. As a result, there has been no way to put the brakes on our 'fight or flight' systems.

Each generation has become more stressed than the previous as our magnesium levels have dropped year after year.

There is however another source of easily absorbed magnesium, and that is Medicardium suppositories.

Medicardium contains both as well as potassium to stimulate the 'rest and digest' system.

Using these two key minerals we are able to both turn off the 'fight or flight' system, and stimulate the 'rest and digest' system.

If you find that you are more stressed than you'd like, consider using medicardium suppositories.

Not only can it help to detoxify us, it can let our bodies know, at a cellular level, that there is no tiger.

We live in a stressful world, but we don't have to live in a stressful body.

To learn more go to:

<http://www.balancedhealthtoday.com/medicardium.html>



Chapter 4) GLYTAMINS

Chapter 4) GLYTAMINS

Videos

[Gallstones, Liver, Gallbladder, Kidney Cleanse](#)



To learn more go to

<http://www.balancedhealthtoday.com/glytamins.html>

Welcome to the Glytamins audio presentation.

In the next 20 minutes, you will learn what gallstones are, what kinds of problems they can cause, and what you can do to get rid of them.

Gallstones are nothing more that coagulated bile.

Bile is the green alkaline liquid produced by the liver, which among other things helps us digest our food. The liver produces about a liter of bile a day, and stores it in a muscular sac called the

gallbladder. The gallbladder then squirts this bile down a tube called the common bile duct into the small intestines to mix with the food that comes from the stomach.

Well, that's what's supposed to happen.

Unfortunately, with nutritional deficiencies and exposure to certain toxins, bile can thicken and form what is known as biliary sludge.

When this biliary sludge forms, it makes it very hard for the gallbladder to get the bile into the small intestines. It's like trying to squeeze glue through a straw. It is out of this sludge that gallstones are formed.

[Gallstones and biliary sludge](#) disrupt the normal flow of bile causing three different types of problems.

The first set of problems is related to not getting enough bile into the intestines.

The second set of problems occurs when toxins, unable to leave the body through the bile, back

up and accumulate in the liver and the bloodstream.

The third set of problems occur when the bile, unable to get into the intestines backwashes into the pancreas and liver.

Let's start with the first set of problems, what happens when the bile becomes too thick and or full of stones to reach the intestines in required amounts.

The first thing that bile does in the small intestine is to neutralize the acidity of the food coming out of the stomach. In order to disinfect and digest the food that we eat, the stomach secretes hydrochloric acid.

Did you ever wonder why the stomach didn't digest itself? It's because the stomach has a special mucus layer that protects it from this hydrochloric acid, but the small and large intestine have no such protection.

Instead, they rely on bile. Bile is a very alkaline substance and when it comes into contact with

the acidic food from the stomach, the acids are neutralized.

If however bile can't get into the small intestine in required amounts due to biliary sludge and [gallstones](#), then stomach acids in the food are never fully neutralized and they cause acid burns along the entire length of the small and large intestines, all 30+ feet of them. In essence we digest our own intestines. We can experience this as indigestion, heartburn, ulcers and all manner of digestive complaints.

The next thing that bile does in the intestine is to emulsify the fats and oils in the food we eat. Emulsification is the process by which fats and oils are made water-soluble. To understand emulsification, think of soap. It's next to impossible to rinse grease off a dish with just water, but if you put a drop of soap on the dish, the grease washes right off. That's because soap is an emulsifier. It's what allows fats and oils to mix with water.

Bile is the body's natural emulsifier and it is what allows us to digest the fats and oils we

eat. Without this emulsification process, essential fats, oils and all the fat-soluble vitamins we eat become very difficult to absorb. Without adequate bile in the intestines, a person can end up suffering from malnutrition, regardless of the quality and or quantity of the food they eat.

If eating fats and oils gives you indigestion or if you have difficulty with food absorption, it could be due to biliary sludge or gallstones.

The next thing that bile does in the intestines is to stimulate peristalsis. Peristalsis is the rhythmic wave like motion of the intestinal muscles that moves the food through our digestive tract.

If you don't get enough bile into your intestines, you're bound to be constipated, no matter how much fiber you eat.

Some people have the misfortune of experiencing alternating constipation and diarrhea. This can be very confusing for people to experience, but the cause can be quite

simple. Without sufficient bile, the hydrochloric acid rich partially digested food just sits in the intestines with no peristalsis. Thus a person becomes constipated, but at the same time his or her intestines are being burned. When enough acids build up, and the intestines can't take it anymore, they purge themselves with a bout of diarrhea. Then, with the acids evacuated, the process starts all over again.

If you are experiencing problems with constipation, diarrhea or both, biliary sludge and gallstones could be the cause.

The next thing the bile does as it moves through the intestines is to balance the immune system.

When most people think of the immune system, they think of white blood cells floating through the bloodstream, but over 1/2 of the immune system is actually located in the intestines.

Now the job of the immune system in the intestines is much more difficult than that of in the bloodstream. Infections only rarely make it into the blood, but every day our intestines are

exposed to millions of parasites, bacteria and fungi. Because the intestinal immune system is continually at war with these microbes, it is much easier for it to become overly aggressive and starts to attack our own tissue.

What bile does is to regulate the intestinal immune system, helping to prevent it from becoming overly aggressive and causing autoimmune disorders. If you're suffering from a gut related [auto-immune disorder](#), it may be because of a blockage of bile flow.

The last thing that bile does in the intestines is to kill parasites and Candida. Tests show that even the healthiest people still have some degree of parasitic and fungal infection.

While there are many antiparasitic and antifungal remedies available in the marketplace, most of them are mildly toxic and therefore unsuitable for daily use.

If however your bile flow is healthy, then you have a built in defense against parasites and Candida.

Well, that about covers what bile does to maintain the health of the intestines and what happens when bile can't get there in proper amounts due to the presence of biliary sludge and gallstones.

Now lets turn our attention to what happens when biliary sludge and gallstones cause toxins to back up into bloodstream.

Just as the kidneys remove water-soluble toxins from our bodies, the liver removes fat-soluble toxins from our bodies by putting them into the bile.

If the bile gets clogged up due to biliary sludge and or [gallstones, then the fat-soluble toxins](#) can't get out and they start to build up in the body.

One of the first signs that bile is backing up is an increase in cholesterol. This happens because the only way cholesterol can leave the body is through the bile. Impaired bile excretion causes cholesterol levels to rise. It's that simple.

In addition to the levels of cholesterol rising, bilirubin levels can also begin to rise.

If it gets bad enough, you can see the whites of person's eyes and sometimes their skin can take on a yellow tint. The technical term for this is jaundice.

While an increase in [cholesterol and bilirubin](#) levels in the body is easy to recognize, the accumulation of other toxins is not. Literally thousands of toxins and chemicals are processed by the liver for removal through the bile each day.

When gallstones and biliary sludge prevent these toxins from leaving the body they begin to accumulate in the bloodstream and the tissues causing all sorts of problems.

Dissolving gallstones and biliary sludge is an often overlooked but vitally important part of any detoxification program.

The last problem we will discuss caused by bile backing up into the bloodstream has to do with immune function. As we said earlier, bile plays an important role in the immune system of the intestines by keeping it from becoming overly aggressive.

Unfortunately, what's good for the immune system of the intestines is terrible for the rest of the body.

Studies have shown that when bile acids are present in the bloodstream, they inhibit chemotaxis and phagocytosis. These are fancy words for how well white blood cells can locate, move towards, and swallow infectious microbes.

Thus, what starts out as a beneficial immuno-regulative action in the intestines, becomes an immuno-suppressive action in the bloodstream and the tissues.

Well, that about covers the effects of bile backing up in the bloodstream.

The final set of problems we will discuss is how biliary sludge and gallstones can affect the neighboring organs.

In addition to bile acids backing up into the bloodstream, bile can also back up into the pancreas and liver where it can cause alkaline burns.

This is because the liver, pancreas and gall bladder all share the same basic plumbing, the common bile duct.

While there are valves that keep the bile from backing up into the liver and pancreas, if a small stone finds it's way into one of these valves, the valve can get stuck in the open position. If this happens, then every time the gallbladder contracts to squeeze the bile into the small intestines, it can also squeeze the bile into the pancreas and liver, [causing caustic alkali burns](#) and irritation. You see, very alkaline substances can burn us just as easily as very acidic ones, and with ph of 9.5, the bile is very alkaline.

Mild alkali burns for a short time in these organs may only result in local irritation, but over time, these alkali burns can cause diabetes, hepatitis and cancer.

Now that you know all the problems associated with biliary sludge and gallstones, the next question is 'what can we do about it?'

Well, if the stones are large enough your doctor may recommend surgical removal of the gallbladder. While taking out the gallbladder will rid a person of any stones that have formed in that gallbladder, it does nothing for the gallstones that are in other locations, nor can it do anything about the cause of the gallstones.

In fact, even with the gallbladder surgically removed, [gallstones can and often](#) will continue to form in the liver and in the hepatic ducts because the underlying cause of the thickening of the bile and the formation of the gallstones has not been addressed.

This is why some people who get their gallbladders removed find that their symptoms

come back again as new gallstones form in other locations.

Moreover, the gallbladder is not a useless organ. Its job is to store bile and only release it when food is present. Without a gallbladder, bile leaks continually into the small intestines in little drips rather than in sufficient amounts when you need it.

Think of it this way. Imagine if one day you came home and found that your plumber removed all the faucets in your house. In their place, he just left the pipes sticking out of the walls slowly dripping water. Without the faucet's ability to control water flow, not only would you be wasting water when you didn't need it, but you wouldn't be able to get enough when you did.

Surgically removing the gallbladder is exactly like remove the faucets from your house.

Another option is to do something called a 'liver/gallbladder flush'. This typically involves drinking water with Epsom salts for several

hours to relax the gallbladder and then drinking a glass of olive oil mixed with lemon juice.

While this flush will often result in hundreds of small green stones going into the toilet the next day, up to 12 of these flushes is usually needed to get all the stones out and no matter how many flushes you do, 2 weeks after your last flush you're back to making more biliary sludge and gallstones, because again, the cause was not addressed.

We said at the beginning of this presentation that the causes of biliary sludge and gallstones were nutritional deficiencies and toxicity. Let's talk more about that now.

There are 3 ingredients that the body uses to dissolve [biliary sludge and gallstones](#) and keep the bile in liquid form. They are the amino acids glycine and taurine and phosphatidyl choline.

As long as these ingredients are available, bile will stay in as a liquid, but the moment they are in short supply, biliary sludge and gallstones will start to form.

The problem is that in addition to keeping the bile healthy, these three ingredients are also used for detoxification. Glycine and taurine are involved in a detoxification process called peptide conjugation, and phosphatidyl choline is used in a detoxification process called methylation.

Now if we were only exposed to toxins once in a while, it wouldn't be a problem, but in today's world, we are chronically exposed to toxins. As a result we end up being continually deficient in these three ingredients.

Take chlorine for example. As a disinfectant, chlorine is one of the great public-health success stories of the 20th century. When it was first used to purify water in the early 1900s, typhoid [fever, cholera, and dysentery](#) virtually disappeared from the U.S., but there is a price to pay for using it. Chlorine is very irritating to the body and so it must be detoxified, and the only way chlorine can be detoxified is with glycine and taurine.

Since we are exposed to chlorine compounds with every glass of water we drink and every shower we take, it's easy to see how our glycine and taurine levels are lowered every day.

Adrenaline and noradrenaline are two other examples. These two hormones are created every time we experience fear or anger. While they are useful in emergencies, if they stay in the body for more than a short time they can cause terrible damage.

Methylation is the pathway the body uses to get rid of both adrenaline and noradrenaline and one of the main methyl donors for the methylation pathway the body is phosphatidyl choline. Thus, the more stressed we are, the lower our levels of phosphatidyl choline become.

These are just two examples of how toxins, both external and internal can cause us to become chronically deficient in glycine, taurine and phosphatidyl choline.

So, why not just take these 3 ingredients in an oral supplement, wouldn't that work? Only

partially. You see the body has many uses for these three ingredients, and if you take them orally, they will be shared by all the systems of the body. What we need is a way to get these ingredients right to the liver where the bile is made in the first place.

With these facts in mind, we have created [Glytamins suppositories](#).

[Glytamins suppositories](#) contain glycine, taurine and phosphatidyl choline to help support the body in both dissolving biliary sludge and gallstones as well as prevent them from recurring.

Also, since [Glytamins](#) are in a suppository form, they are able to deliver the ingredients directly to the liver for greater effect.

The Glytamins formula also contains the herbs [bupleurum, peppermint and Chanca Piedra](#).

These herbs are used to further help the liver detoxify and to help relax the gall bladder so

that as bile begins to flow, stones can pass out more easily.

In addition, scientific studies have shown that Chanca Piedra can both dissolve and prevent uric acid and oxalate crystallizations. Since these are the main ingredients found in kidney stones, Glytamins may also help support the body in dissolving kidney stones as well.

Properly liquidified bile neutralizes stomach acids before they can burn the small and large intestine, stimulates peristalsis, balances the immune system, keeps the liver and pancreas from caustic alkali burns, kills parasites and Candida, and allows for the removal of toxic fats and cholesterol.



To learn more go to:

[Glytamins](#)

Chapter 5) ENDOSTEROL

Chapter 5) ENDOSTEROL

Videos

[Prostate Cancer and Enlarged Prostate. Chelation Therapy](#)



To Learn more go to:

[Endosterol](#)

By the time a man reaches 50 years of age, he has a 75% chance of having an enlarged prostate and a 33% chance of having [prostate cancer](#). As he continues to age these numbers continue to worsen. It's an accepted medical fact that if a man lives long enough, some kind of prostate problem is virtually guaranteed.

Prostate problems are not however, inevitable.

There are six main causes of prostate problems. These are hormonal imbalances, cancer, zinc deficiency, cadmium toxicity, calcification and infection.

In this audio presentation, we will discuss each of these 6 problems in detail, and then for each problem, tell you which natural ingredients are most effective at addressing that particular problem.

Should you want a product with all of the ingredients for each of the problems we are about to discuss, they are available in the Endosterol product, which I believe to be the finest prostate product available today.

now let's begin with hormonal imbalances and cancer as these two problems are intimately related.

Up until his early thirties, a man produces more testosterone than estrogen. Yes, you heard right, men produce estrogen. This is natural and nothing to worry about. Men produce estrogen... and women produce testosterone. The difference is that men make more

testosterone than estrogen and women make more estrogen than testosterone. It is this predominance of one hormone over the other that is responsible not just for the differences between [male and female bodies](#), but also the differences between male and female personalities.

Unfortunately, as a man ages he makes less and less testosterone, and more and more estrogen, until by age 34, a man makes more estrogen than testosterone.

I call this a 'hormonal inversion'.

This process accelerates with age so that by the time a man is 60, he makes twice as much estrogen as testosterone and by age 90, 12 times as much.

While somewhere in a man's fifties, this change is officially labeled as andropause, which is... the male version of menopause... you can see that the process actually starts in a man's mid thirties.

A hormonal inversion can show up in many ways. In the sports world, a man's performance begins to suffer. This is why you don't see many professional athletes at the top of their game past 40. Muscle size and tone decreases and fat begins to accumulate. This gives a man a softer more feminine appearance. In the business world, a man may begin to lose his competitive edge. In relationships he becomes more passive. In general, as the hormonal inversion begins to take hold, a man becomes more sensitive and less aggressive... more feminine. Regardless of how you feel about the effect of female hormones on your personality, the male body doesn't like it at all. In particular, this hormonal inversion wreaks havoc on a man's prostate. To understand how hormonal inversion affects the prostate, we need to understand how the hormonal process takes place.

Hormonal inversion, or the dominance of estrogen over testosterone in man, is due to three actions. First, as a man ages, he makes less testosterone. This is understandable as all hormones decrease in their productions with age.

Second, some of his testosterone begins turning into Di-Hydro-Testosterone or DHT for short. This happens courtesy of an enzyme called 5-alpha reductase whose job it is to convert good testosterone into its evil counterpart DHT.

It's DHT that is the main cause of hair loss and prostate enlargement.

Did you ever wonder why baldness is predominantly a male problem? It's because men make more testosterone than women and thus are at a greater risk of having that testosterone turn into DHT.

The third cause of hormonal inversion is a bit more bizarre. It turns out that there is an enzyme in a man's body called aromatase whose function it is to [convert testosterone](#) into estrogen, and not just any kind of estrogen, because there are actually 3 different types of estrogen. This aromatase enzyme turns testosterone into the most powerful the three forms of estrogen, namely estradiol.

Thus as a man ages, he not only makes less testosterone, but what little testosterone he makes his body then turns into DHT and the estrogen estradiol. Now we already know the DHT causes hair loss and balding, ...what does estradiol estrogen cause. Aside from feminization of the body and personality, estradiol causes cancer, and most specifically prostate cancer.

So, just what are the odds of this happening to any given man?

As we said in the introduction, in terms of prostate enlargement, by age 50, 75% of all men have an enlarged prostate and by age 50, 33% have prostate cancer.

Prostate cancer is the most common non-skin cancer in the United States and the second leading cause of death from cancer among U.S. men after lung cancer.

As a man gets older these numbers get much worse, and if a man lives long enough, prostate

enlargement and cancer are virtually guaranteed.

[Medical treatments](#) for an enlarged prostate and prostate cancer often leave men in diapers, unable to ever have sex again.

So, what do we as men need to? We need to increase testosterone production, block the enzymes 5 alpha reductase and aromatase, and find some way of dealing with a prostate that has already become cancerous.

Alternative medicine has identified many natural ingredients that can help us do this, but the best of all of them are beta sitosterol and ellagic acid.

Beta sitosterol suppresses both 5-alpha reductase and aromatase so that takes care of DHT and estrogen.

In terms of prostate cancer, animals treated with beta sitosterol, had 43% smaller tumors and had 1/2 the rate of metastasizes over untreated animals.

Ellagic acid works by causing cancer cells to actually self-destruct. The technical term for this is apoptosis. Whenever a cell becomes cancerous, our DNA instructs it to self-destruct. This is one of the most powerful safeguards we have in preventing cancer. Unfortunately, some cancer cells manage to block this signal. These are the cells that go on to grow and form tumors. What ellagic acid does is to reinstate the self-destruct signal in these cancer cells.

[Ellagic acid](#) does this for all cancers but studies show that it is particularly effective at this for prostate and breast cancers.

So, what should we do, go out and buy some beta sitosterol and ellagic acid?

First, you need a concentrated source of beta sitosterol, and even the saw palmetto berry, the plant recognized as one of the best sources of beta sitosterol, contains only 333 parts beta sitosterol per million. To get 1 gram of beta sitosterol from its saw palmetto, you would need to have over 6 and 1/2 pounds of saw palmetto berries.

Furthermore Beta sitosterol is very poorly absorbed orally. Less than 5% of what you take by mouth makes its way into the bloodstream and then even less gets to the prostate itself.

Thus to absorb 1 gram of [beta sitosterol](#) a day from saw palmetto, you would actually need to eat over 132 pounds of the berries a day.

Ellagic acid is found in raspberries and pomegranates, but again we have the same problem with absorption and concentration.

Unless you have the digestive capacity of a 500-pound mountain gorilla and you spent all day stuffing yourself with saw palmetto berries and raspberries, we need to get a concentrated source of beta sitosterol and ellagic acid.

So, the first two ingredients we chose to put in Endosterol were concentrated forms of beta sitosterol and ellagic acid.

Okay. That takes care of the first to problems, hormonal inversion and cancer. Let's move on to number 3.

The third cause of prostate problems is zinc deficiency.

A zinc deficiency not only causes the prostate to operate less effectively, it can also cause it to enlarge.

Different organs in the body have different requirements for elements, and for the prostate, zinc is required. It may sound strange that some organs need more of one element than another but you already know of the most common example. It's called goiter. While the younger generation may not be as familiar with this, the older generation will be.

Goiter is an enlargement of the thyroid gland in the neck due to insufficient iodine in the diet. Iodine is a heavy element and rain typically washes it out of mountainous soil into the rivers and eventually the sea. People living near the oceans who eat fish get all the iodine they needed but people who live in the mountains often became iodine deficient and can develop goiter. Of course this isn't seen much

anymore in developed countries where iodine is added to table salt but it demonstrates the point. Individual organs (or glands) have specific mineral requirements and when they don't get what they need, they malfunction and can enlarge.

Thus, [prostate enlargement](#) can be considered prostate goiter.

Unfortunately, zinc is not added to table salt like iodine is. This added to the fact that zinc becomes more difficult to absorb with age leads to the widespread zinc deficiencies we see today.

Keeping in mind that we not only need to supplement with zinc, but deliver it to the body in a highly absorbable form, the third ingredient in Endosterol is pumpkin extract which is high in bioavailable zinc.

The fourth cause of prostate problems is cadmium toxicity

Cadmium toxicity is actually related to zinc deficiency in the sense that low zinc levels can cause cadmium toxicity. Cadmium is a toxic heavy metal commonly found in soft drinks, seafood, cigarette smoke, plastics, water softeners and other places.

Cadmium can cause chronic fatigue, hair loss, high blood pressure, arthritis and impotence and of course prostate problems.

Cadmium owes its unique ability to damage the prostate to its similarity to the element zinc.

Now all beneficial elements have toxic analogs, poisonous elements that the body mistakes for the beneficial ones. This is due to similarities in the atomic radius and electrical charge of certain elements. Thus the body mistakes aluminum for magnesium, lead for calcium, mercury for selenium and cadmium for zinc.

Now the prostate needs zinc to function, and it is often zinc deficient, so when it sees some toxic cadmium floating by in the bloodstream it thinks, oh good, here's some zinc, I need that and it gobbles it right up. In this manner over time, cadmium accumulates begins causing problems.

If a man were to take supplemental zinc his whole life, it would offer some protection against cadmium absorption, but even so, some cadmium is bound to make it to the prostate.

The only way to deal with cadmium is to remove it with a chelator. A chelator is an ingredient that has a very strong attraction to a particular element. If the attraction it has is stronger than the attraction the body has for that element, it can pull that element away from the body.

The safest and most effective cadmium chelator is called EDTA. [EDTA is an amino acid](#) that has a fifty-year history of removing toxic metals like cadmium from the body.

Once EDTA has attached itself to cadmium, the entire complex becomes water-soluble and will be eliminated harmlessly in the urine within a few hours.

Thus EDTA is the fourth ingredient in Endosterol.

The fifth cause of prostate problems is calcium deposits in the prostate

We've discussed cadmium, and we can agree that it is a toxic metal, but what about calcium. Isn't calcium vital for our health? Absolutely. Calcium keeps our bones and teeth healthy and has many important roles to play in our biochemistry. What is not commonly known is that as we age, calcium

migrates from the bones and teeth where it belongs, into the soft tissues and organs of the body. When calcium does this, it turns from a beneficial mineral to a pathological one.

When calcium moves into the kidneys, we get kidney stones. When it deposits in the gall bladder, we get gallstones. When calcium migrates into the arteries, we get [arteriosclerosis and atherosclerosis](#). When calcium gets into the joints, we get arthritis, and when calcium gets into the prostate, we get prostatic calculi, also known as prostate stones.

In addition to being a gland, the prostate is also a small pump, and like any pump it needs to be free of debris to function properly. As we age, these tiny prostate stones accumulate reducing the prostates health and functionality.

Now there are two ways to remove prostate stones, the first is a medical procedure that involves a catheterization. Ouch. The second is with EDTA, which goes in and pulls the calcium out just like it removes the cadmium. Thus EDTA serves double duty supporting the removal both toxic cadmium and calcium stones.

(For a product with only EDTA in it but in higher amounts see **Medicardium**.)

The last cause of prostate problems we will address is that of infection.

In addition to cancer, the prostate is susceptible to bacterial, viral, fungal and parasitic infections.

You will recall that ellagic acid is the ingredient used in Endosterol to decrease cancer risk, but it does much more than that. Ellagic acid is truly a remarkable ingredient. Ellagic acid is anti bacterial, anti fungal, anti viral and anti parasitic element as well.

Ellagic acid is such a remarkable ingredient that its work learning a bit more about it.

Ellagic acid inhibits all bacteria by inhibiting the enzyme DNA gyrase. DNA gyrase is only found in bacteria and is the enzyme that allows bacterial DNA to coil. Without this enzyme, the bacteria's DNA unspools the bacteria dies. Unlike traditional antibiotics that are specific to certain bacteria, ellagic acid works on all bacteria.

Ellagic acid inhibits fungi and yeast by inhibiting the enzyme chitin Synthase II. Almost all fungi and bacterial and fungal cell walls are built out of a polysaccharide called Chitin and Chitin Synthase II is the enzyme that they use make Chitin. Thus by inhibiting Chitin Synthase II, ellagic acid suppresses the growth of almost all fungi and bacteria.

Ellagic acid inhibits all viruses by inhibiting the enzyme integrase. Integrase is the enzyme that viruses need to enter a cell. As you know, viruses cannot reproduce without entering a cell so by inhibiting this enzyme, all viruses can be inhibited.

Finally, Ellagic acid inhibits parasites but the mechanism by how this happens is not yet understood.

While many people believe parasitic infections to be limited to third world countries, many people harbor millions of [intestinal parasites](#) their whole lives without ever knowing it.

Thus, in addition to the effects of ellagic acid on prostate cancer, ellagic acid also deals with the infective aspect of prostate disorders, Ellagic acid is

put in Endosterol. (For a product with just ellagic acid in it in higher amounts see **Ellagica**.)

Conclusion

We have now discussed the 6 main causes of prostate problems; hormonal imbalances, cancer, zinc deficiency, cadmium toxicity, calcification and infection.

We have also discussed the ingredients best suited to deal with these problems, namely beta sitosterol, ellagic acid, [pumpkin extract, and EDTA](#). The last question to be answered is in what form should these ingredients best be administered?

The answer is as a suppository.

Suppository administration was chosen as the delivery mechanism for Endosterol for 2 reasons.

Firstly, rectal absorption is recognized as being some 20 times greater than oral absorption.

Secondly, and more importantly has to do with the location of the prostate. When a suppository is inserted into the body, it rests some mere inches

away from the prostate itself. It is this ability of a suppository to delivery ingredients directly to the prostate that makes it the optimal method of administration.

Congratulation, you've now completed a crash course on prostate health. You know the six main causes of prostate problems, as well as what ingredients can be taken both preventatively as well as therapeutically.

For more information on Endosterol, a product that combines all ingredients we've talked about, contact the health care provider who gave you this presentation.

In this next chapter, we will talk about how the same ingredients used in Endosterol have other applications for our health. In particular, we will discuss Endosterol and the role it can play supporting the body in dealing with chronic inflammation, circulation disturbances, [immune dysfunction](#) and generalized female disorders.

Endosterol Part II

While the ingredients in Endosterol are specifically designed to support prostate health, there are other health conditions that they can support, and in this second part we will briefly go over them. They are chronic inflammation, poor circulation, imbalanced immune function and generalized female health problems.

Let's start with inflammation. As we get older, chronic aches and pains can begin to accumulate in the body. Inflammation is an important part of the healing process but the chronic unresolved inflammation associated with aging is definitely not beneficial.

[Chronic inflammation](#) has also been associated with disease conditions ranging from Alzheimer's and M.S. to heart disease and strokes.

Clearly, inflammation is a problem that needs a solution.

Unfortunately, many of the anti-inflammatory drugs used in the past have had disastrous side effects that have only showed up years after their initial introduction.

This is because pharmaceutical drugs work by overriding the body's natural biochemical pathways. All the pathways in the body are interconnected and by manipulating one, you always inadvertently apply pressure others. You can do this in the short run, but over time, it causes problems. Current examples of this include the terrible side effects found with Vioxx and Celebrex including increased risk of heart attacks, strokes and blood clots.

The only way we can be sure of avoiding unforeseen side effects is to work with nature, not against it.

In nature, the inflammation pathway is controlled through the fats and oils in our diet. Certain oils and fats increase inflammation and others decrease it.

Luckily, nature has supplied us with the Saw palmetto plant. Saw Palmetto oil works by inhibiting the same [Lipoxygenase](#) and [Cyclooxygenase](#) inflammation pathways that the pharmaceutical drugs do, but it does so in a manner that nature intended and is familiar with through dietary oils.

Lets move on to circulation

In dealing with circulatory problems there are 2 main issues to address, and they are **blood viscosity and plaque**

Blood viscosity refers to how thick the blood is, how prone it is to forming clots. We need our blood to clot to prevent us from bleeding to death from injuries, but when the blood becomes too thick clots begin to form *inside* the body in the arteries and veins. These clots can decrease the flow of blood leading to fatigue if they are small and strokes and heart attacks if they are large. Fortunately, saw palmetto in general and beta sitosterol in particular both inhibit platelet formation, which is what causes the blood to clot.

Let's look at the second issue raised, that of plaque. Plaque are the blockages that grow inside the arteries obstructing blood flow.

Scientific studies have shown that beta-sitosterol supports the removal of fat directly out of arterial plaque. Many people think that all they need to do to take care of their circulation is keep their cholesterol low. The truth is it isn't the fat in the bloodstream that causes the stroke, but rather the fat in the plaque itself. While lowering cholesterol may

look good on a blood test, the real key is lowering the fat in the plaque and keeping the blood thin. Still, if a good blood test is important to you, you will be happy to hear that beta-sitosterol has also been clinically shown to support the lowering of LDL cholesterol and triglycerides.

Immune function is the second issue we will address in this section.

While most people believe that a stronger immune system is a better immune system, the truth is that what we really want is a strong and *balanced* immune system. A person suffering from allergies has a strong but [unbalanced immune system](#). A person suffering from an autoimmune disease also has a strong but imbalanced immune system.

To understand the concept of immune balance, we will compare the immune system of a person to the internal and external security of a ritzy nightclub.

In the nightclub there are doormen and bouncers. The job of the doormen is to make sure that only the right sorts of people are allowed in.

The job of the bouncers is to wander around inside the nightclub and toss out anyone that starts causing trouble.

In order for the nightclub to operate successfully, there needs to be a balance between the doormen and bouncers to keep the nightclub running smoothly.

On the other hand, if the doormen are too aggressive and the bouncers too passive, or vice versa, the nightclub will have problems.

Let's look at the first scenario, overly aggressive doormen and passive bouncers.

With overly aggressive doormen, perfectly good clients will be denied entry to the club. With passive bouncers, anyone who does get in and then causes a problem won't be removed.

This type of immune imbalance is paralleled by a person with continual allergies and colds. The overly aggressive Doormen reacting to clients that aren't a problem is analogous to a person allergic to things like cat hair or ragweed, things that pose no real threat to their health. The passive bouncers letting clients get drunk and cause problems inside

the nightclub is analogous to a weak immune system low on natural killer cells, unable to get rid of infections and cancer cells.

Now let's look at the second scenario, passive doormen and overly aggressive bouncers.

With passive doormen, anyone can get into the club. With overly aggressive bouncers, peaceful and valuable clients are tossed out and fights between the bouncers and normal folk just there to have a nice time are always breaking out.

This type of immune imbalance is paralleled by a person with an autoimmune problem. The overly aggressive bouncers fighting with peaceful patrons that aren't doing anything wrong is analogous to a person whose immune system is attacking itself such as Rheumatoid arthritis, Lupus, or M.S.

You can see now that before we attempt to strengthen an immune system, we should first balance it. Sometimes strengthening an immune system only makes matters worse by increasing allergic and autoimmune responses.

Fortunately, beta sitosterol has the unique ability of being able to balance the immune system, the doormen and bouncers so to speak. For those of you more [scientifically minded, beta-sitosterol](#) has an adaptogenic effect on Th1/Th2 ratios. It is this ability of beta sitosterol to balance the immune system that give it its seemingly magical ability to support such a wide range of immune disorders.

Female health

The last issue we will address is that of female health. Based on everything we have discussed in the first part of this presentation regarding the prostate, it may come as a surprise to learn that the ingredients in Endosterol are also beneficial for supporting female health.

In fact, saw palmetto has a long history of use for both men and women.

It has been used as a [reproductive tonic for women](#), increasing libido, fertility and increasing milk flow in nursing mothers. It has been prescribed to relieve painful periods, to regulate the menstrual cycle, and for pelvic inflammatory conditions including salpingitis and ovarian pain. It has even been used to

increase the weight of the uterus in postmenopausal women. Saw palmetto also has an affinity with the urinary system, and has been taken to relieve urinary infections and fluid retention.

None of this should come as a particular surprise. All of the 6 causes of prostate problems discussed in part one of this presentation have their female counterparts. Women experience hormonal problems, cancer, mineral deficiencies, toxicity, calcifications and infections as often as men do and so they need ways to deal with these issues as well. The same hormonal imbalances in men that cause feminization, prostate problems and prostate cancer, in women cause PMS, uterine and ovarian dysfunctions and breast cancer.

Well, this brings us to the end of this presentation. We started talking about a product for the prostate, continued with circulation, inflammation and [immune disorders](#) and ended discussing women's health.

That's one of the nice things about working with natural ingredients. Instead of getting unexpected side effects you get unexpected side benefits. You start working on helping one problem, and you end

[HYPERBARIC CHAMBER](#) | [MEDICARDIUM](#) | [XENEPLEX](#) | [GLYTAMINS](#) |
[GLYTAMINS](#) | [ELLAGICA](#) | [ENDOSTEROL](#) | [VIBRABOARD](#)

up helping lots of problems that you thought weren't even related.

If you would like to learn more about Endosterol or any of our health products please visit us at [Balanced Health Today](#)

Thank you for reading!