

DR. MICHAEL MURRAY'S

NATURAL LIVING NEWS

EXPERT ADVICE FOR EVERYDAY LIVING

July/August 2014

THE POWER OF POMEGRANATE

JUMP FOR JOY (AND HEALTH)

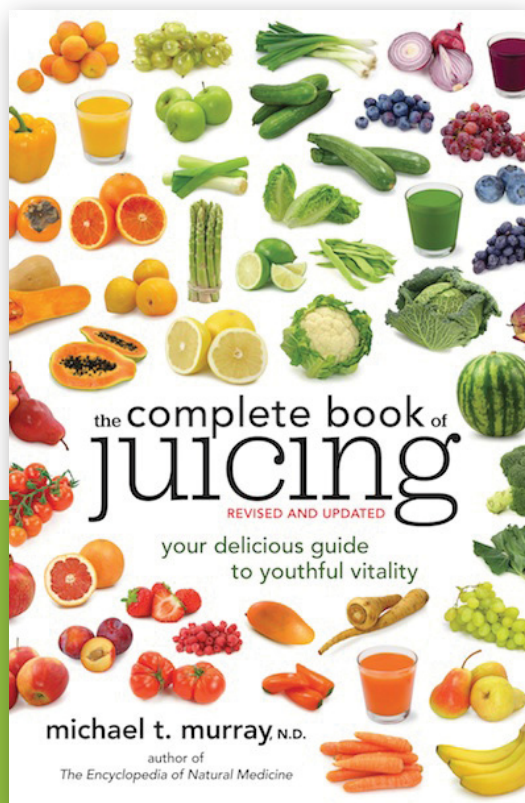
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This issue's condition article addresses the issue of impaired liver function. To a very large extent, the health of your liver determines your overall health, energy levels, and immune function. So, if you want to be healthy, you have to support the health of the liver.

The liver is the second-largest organ in the body (your skin is the largest) and is the largest gland. All together, the liver performs over five hundred separate jobs. It is critically involved in all aspects of metabolism; it makes important cellular structural components; it produces many important blood proteins; and, of course, it plays a critical role in detoxification of harmful substances.

If your liver is overloaded with toxins or not functioning up to par, you may be suffering from low energy levels, since a great deal of your body's energy resources are being devoted to detoxification. That leaves very little energy for other body processes. Supporting your liver will help your energy levels soar to new heights.

In modern times, as society has increasingly been exposed to toxic compounds in the air, water, and food, it has become apparent that an individual's ability to detoxify substances to which they are exposed is of critical importance in their overall health. The key organ of detoxification is the liver. The liver plays several roles in detoxification: it filters the blood to remove large toxins, synthesizes and secretes bile full of cholesterol and other fat-soluble toxins, and enzymatically disassembles unwanted chemicals. Proper functioning of the liver's detoxification systems is especially important for the prevention of cancer.

The general guidelines and supplement recommendations given on pages 14-17 are not just for people with diagnosed liver disease, they can be used by virtually everyone to improve liver health.

In good health,

A handwritten signature in black ink that reads "Michael T. Murray, MD". The signature is fluid and cursive, with a large, stylized "M" and "T".

—Dr. Michael T. Murray

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DR. MICHAEL MURRAY'S

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JULY/AUGUST 2014

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HEALING FOODS



WHEY TO TRIM YOUR WAIST

Numerous studies show dietary protein to be more satiating than fat or carbohydrate intake. Protein-rich foods quell hunger pangs, letting you feel fuller between meals and rein in the snack attacks. And it turns out within the spectrum of high-protein foods, some are even more effective than others at squelching appetite. One of the most powerful weight loss weapons is whey protein.

In a study published in the *Journal of Nutrition*, 90 overweight and obese subjects were randomly assigned equal amounts of soy protein, whey protein, or a carbohydrate daily for 23 weeks. Not only was waist circumference smaller in the participants consuming whey than in the other groups, they also lost more weight.

One theory behind the correlation between whey protein and weight loss

is that the people in the whey protein group also had significantly lower blood levels of an appetite-stimulating hormone called ghrelin than those in the other groups. The lower the concentration of ghrelin, one of the main hormones that helps regulate food intake, the higher one's satiety level (or feeling of fullness and satisfaction).

Whey protein seems to help with just the kind of targeted weight loss that many people strive for. There is also some evidence, for example, that eating whey protein meal replacements can help people preserve lean tissue but lose fat. A study published in *Nutrition Journal* suggests that subjects who consumed a whey protein and essential amino acid meal replacement as part of a reduced-calorie diet lost more fat and retained more lean muscle mass over an eight-week period than subjects who consumed a different type of meal replacement.

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CONDITION

HEART HEALTH HELPER



Fiber tends to be the humble country cousin when compared to the latest generation of superfoods, but don't underestimate its persistent power. A recent study, published in the *British Medical Journal*, found that people who consumed higher levels of fiber after a heart attack had a 25 percent greater chance of living longer. A study implemented in Boston divided more than 4,000 heart attack survivors into five groups distinguished by participant's fiber intake. The biggest fiber consumers not only had a 25 percent increase in life expectancy, but they had a 13 percent lower chance of dying from cardiovascular disease.

The study also suggests that not all fiber is created equal. Among the three different fibers investigated—cereal, fruit, and vegetable—cereal fiber proved to pack the most punch, longevity-wise. But even more important than fiber preference is making sure you get an adequate amount. According to the researchers, less than 5 percent of Americans get the minimum recommended fiber intake of 25 grams for women and 33 grams for men. Become an early adopter of the fiber habit, and your heart will have a long time to be grateful.

STEPS FOR KNEE HEALTH

It might sound counterintuitive, but if you are suffering from the pain of knee arthritis, the best thing to do may be to keep on moving. The secret to making walking beyond the mailbox an attainable goal? Finding the sweet spot between not enough exercise and just enough. According to a recent study published in the journal *Arthritis Care & Research*, while most adults don't get the minimum recommended level of exercise, the 10,000 steps most wellness experts tout as an essential baseline may be excessive—and discouraging.

Among the over 2,000 people studied who either had knee arthritis or were at risk for it, people who walked 6,000 steps a day on average were less likely to have problems standing, walking, and climbing stairs two years later. And every 1,000 steps added to a person's day reduced their risk of mobility loss by 16 to 18 percent. If 6,000 steps still seem daunting, the researchers found that even 3,000 steps can be an effective way to prevent functional limitations. Get those walking shoes on, and start counting. The journey to pain-free knees begins with a single step.



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MOVEMENT

JUMP FOR MORE THAN JOY

How exercise affects our bones seems to be a continual mystery. At first, research pointed to any exercise as beneficial to bone health. But under a closer lens, studies showed that certain repetitive exercise, such as running and cycling, might actually make your bones more fragile. As the science becomes more refined, a new consensus on the best exercise for your bones is out. Top of the list? Exercise such as jumping, which shows promise at significantly increasing bone density.

Here's a bit of insight into the mechanics. Bones don't thrive under constant pressure. Exercise that involves forceful muscle contractions—think starts and stops—evokes a more positive response. Your bones need movement that bends them with just the right inflection and thus moves the fluid to the necessary bone cells. A burst of activity, not a slog, sends the bones the signal they need to repair and rebuild. A study published in *Osteoporosis International* showed that a jumping regimen in mice—40 jumps a week—led to a substantial increase in bone density after only 24 weeks.



Looking for other ways to give your bones a boost? Check out these three exercises that serve up just the right impact.

SQUATS

Strengthen multiple muscle groups at once with a mini-squat workout. Stand straight with feet shoulder-width apart and toes pointed forward. Put your hands behind your head and elbows spread outward. Sink down as if you were about to sit in a chair. Rise up with a straight back and repeat, working up to two sets of 10 squats each.

JUMP ROPE

Jumping rope 100 times a day causes the most effective form of dynamic impact essential to bone health.

STAIRS

Walking up and down 100 steps five times fast provides both an aerobic workout and is a great way to strengthen bones. Walking uphill at a brisk pace is an alternative option.



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NUTRIENTS

VITAMIN D HELPS PARKINSON'S SUFFERERS

For the more than one million Americans affected by Parkinson's, a recent study published in the *Journal of Parkinson's Disease* suggests a forecast of sunnier skies ahead. Higher levels of vitamin D, absorbed by the body from sunlight, may result in clearer thinking and improved moods, the study found. Among the 300 Parkinson's patients included in the study, those with elevated levels of vitamin D had less severe physical ailments and lower risk of depression. The association was particu-



larly strong in patients without dementia. In fact, vitamin D may have a prophylactic effect against dementia, helping ward off the cognitive impairment that typically precedes it.

VEGETARIANS NEED GOOD FATS

All humans—whether we're omnivores, vegetarians, or vegans—have some basic and essential nutritional needs. One of those needs is for the essential fatty acids EPA and DHA, which typically come from fish. Until recently, there were no vegetarian sources of these fats. But now, marine algae sources have begun to fill this important nutritional gap for people who don't eat fish.

The main omega-3 fatty acid in the vegetarian diet is ALA, which is found in foods like flaxseed and walnuts. While some ALA is converted to EPA, it's inefficient. ALA has little effect on DHA levels. Not surprisingly, several studies have shown vegetarians and vegans have much lower levels of DHA and EPA than those who eat fish or take fish oil supplements. That makes supplementation with marine algae sources essential.

And research shows that it's very effective, too. A study published in March in *Clinical Nutrition* found that taking a vegan omega-3 supplement from marine algae for 4 months significantly increased the levels of EPA+DHA in the blood.

Based upon studies with fish oils, the recommended dosage level for vegans using a microalgae source is 1,000 mg EPA+DHA daily.

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NAFLD

FIGHTING NON-ALCOHOLIC FATTY LIVER DISEASE

Despite the great strides made in fighting many chronic liver conditions, the growing epidemic of a non-alcoholic fatty liver disease (NAFLD) has become a source of serious concern. Here's what happens: When the liver is damaged, it leads to the depositing of fat within the liver. This process typically occurs with liver damage caused by alcohol, but with NAFLD it is tightly linked with obesity. It ranges in severity from a rather benign impairment to an inflammation of the liver called non-alcoholic steatohepatitis (NASH), which may advance to cirrhosis and eventually liver failure.

NAFLD is now the most common liver disease in the United States. It affects roughly 20 percent of Americans, and among those NASH affects roughly 2 percent to 3 percent. What's most alarming? If left untreated, almost 20 percent of patients with NASH will progress to cirrhosis within a decade.

WHAT CAUSES NAFLD?

The biggest cause is being overweight. NAFLD occurs in over 70 percent of patients who are 10 percent above ideal body weight and nearly 100 percent of those who are obese. In addition to obesity, NASH is also associated with



TABLE 1 Drugs that can cause non-alcoholic fatty liver disease

Amiodarone

Antiviral drugs (nucleoside analogues)

Aspirin (but rarely as part of
Reye's syndrome in children)

Corticosteroids

Diltiazem, nifedipine

Methotrexate

Tamoxifen

Tetracycline



other factors that impair liver function, including nutritional abnormalities, drugs, and occupational exposure to toxins. The common factor in all of these causes is inflammation. Being overweight or obese is associated with insulin resistance and is considered an inflammatory state.

NATURAL SUPPORT FOR NAFLD

To combat NAFLD, the primary goal is to improve insulin sensitivity through diet and supplementation. If NAFLD occurs in someone who is overweight, weight loss is the critical component.

The secondary treatment involves using liver-protecting compounds and herbal compounds that do double duty by also supporting the flow of bile and fat to and from the liver (choleretics).

DIETARY RECOMMENDATIONS

Eliminating high-glycemic foods is a must in both the prevention and treatment of NAFLD. Focus instead on liver-friendly foods that can actually improve liver function such as high sulfur-containing foods like garlic,

legumes, onions, and eggs; good sources of water-soluble fibers such as pears, oat bran, apples, and legumes; cabbage family vegetables—especially broccoli, Brussels sprouts, and cabbage; and foods and herbs like artichokes, beets, carrots, dandelion, turmeric, cinnamon, and cilantro that optimize liver health.

BETAINE AND LIPOTROPIC FACTORS

Betaine, choline, methionine, vitamin B6, folic acid, and vitamin B12 are important “lipotropic agents.” Lipotropic agents produce a “decongesting” effect on the liver and promote improved liver function and fat metabolism. Lipotropic formulas encourage detoxification by increasing the levels of two important liver substances: SAME and glutathione. When taking a lipotropic formula, make sure it provides a daily dose of 1,000 mg of betaine and choline, and 1,000 mg of either methionine and/or cysteine. Alternatively, SAME can be used at a dosage of 200 to 400 mg daily.

NAFLD

CARNITINE

Carnitine holds the key for benefitting from fatty acids in the liver as well as in the function of mitochondria—the energy producing compartment in cells. Low levels of carnitine in the liver can increase the susceptibility to NAFLD. Not surprisingly, carnitine supplementation has also been shown to significantly inhibit, and even reverse, alcohol-induced fatty liver disease.

BOTANICAL MEDICINE

There is a long list of plants that enhance liver function, but the most impressive research is with the extract of milk thistle (*Silybum marianum*) known as silymarin. Silymarin not only protects the liver from damage, it also increases the liver's content of glutathione—a key compound for detoxification in patients with NAFLD. The best results in clinical studies were achieved at higher dosages—i.e. 140 mg to 210 mg of silymarin three times daily.

LIVER HEALTH FORMULA

In more extreme cases, when the liver requires powerful nutritional support, I recommend this formula that works synergistically to support the liver—even when you have severely compromised liver function. Here is a brief description of each component:

Glucuronate binds to toxins in the liver to help eliminate them from the system. This process is used to detoxify

many hormones, food additives, toxic components of cigarette smoke, and many other harmful substances. Clinical studies have shown glucuronate supplementation can improve liver function considerably, even in cases of poor liver function due to alcohol abuse, acute and chronic hepatitis, exposure to toxic substances, and diabetes.

Alpha-lipoic acid is a sulfur-containing vitamin-like substance that plays a key role in the production of cellular energy (ATP). It's also an antioxidant that is effective against both water- and fat-soluble free radicals.

Silybin phytosome is a special extract of milk thistle bound to phosphatidylcholine. A growing body of scientific research indicates that silybin phytosome is better absorbed and produces better results than regular milk thistle extract. Silybin phytosome is one of the most potent liver-protecting substances known. It protects the liver by stimulating the formation of new liver cells to replace damaged ones.

Licorice extract contains glycyrrhetic acid, the active component that has been shown to protect the liver from damage, enhance the immune system, potentiate the effect of the immune-enhancing agent interferon, and aid the liver in detoxification.

Curcumin is the yellow pigment of turmeric (*Curcuma longa*)—the chief



ingredient in curry. Many of its beneficial effects are attributed to its antioxidant and anti-inflammatory effects.

Panax ginseng phytosome. Long revered for its tonic effects, Panax ginseng exerts significant effects on enhancing liver function, including helping regulate the manufacture of proteins and filtration of the blood.

Schizandra berry extract. The fully ripe, sun-dried fruit of schizandra has been a classic component in traditional Chinese medicine for centuries. It works as an antioxidant, combats fatigue and stress, and helps protect the liver from chemical damage.

A MINI-CLEANSE WITH A BIG PAY-OFF

A fantastic way to jumpstart improved liver function is through a 3-day “juice fast.” This fast consists of three or four 8- to 12-ounce juice meals spread throughout the day. During this period, your body will begin getting rid of stored toxins. Drinking fresh juice for cleans-

ing reduces some of the unpleasant side effects associated with a more extreme water fast such as light-headedness, tiredness, and headaches. While on a “fresh juice fast,” individuals typically experience an increased sense of well-being, renewed energy, clearer thought, and a sense of purity. Fresh, organic fruit and vegetable juices work best. To further aid in detoxification, follow these guidelines:

- Take a high-potency multiple vitamin and mineral formula to provide general support.
- Take a lipotropic formula according to the guidelines above.
- Take 1,000 mg of vitamin C three times daily.
- Take 1 to 2 tablespoons of a fiber supplement at night before retiring. The best fiber sources are the water soluble fibers like powdered psyllium seed husks, guar gum, and oat bran.
- If you are particularly toxic, I would recommend taking Liver Health Formula from Natural Factors, two capsules three times daily, for maximum support.

POMEGRANATE

POWER TO THE POMEGRANATE

A SUPER FOOD WORTH UNPACKING

Beloved amongst fruits, the pomegranate is venerated not only for its seniority but also for its colorful history and legendary healing properties. Native to the area of modern day Iran and Iraq, the pomegranate has been cultivated since ancient times and now grows throughout the world. The fruit is about the size of an orange. The rind color ranges from yellow-orange to deep reddish-purple. Inside the fruit, reside a multitude of seed pips yielding a tangy, sweet, rich, and flavorful juice.

KEY HEALTH BENEFITS

The primary marketing message of pomegranate juice focuses on its heart and vascular health advantages. Due to its abundance of antioxidants—soluble polyphenols, tannins, and anthocyanins—it has attained super food status. Animal research indicates that components of pomegranate juice can retard hardening of the arteries (atherosclerosis), reduce plaque formation, and improve the health of blood vessels. Human clinical



studies have supported the role of pomegranate juice (240 ml/day) in benefiting heart health. In a clinical study conducted in 2011 at Johns Hopkins University, patients with high blood pressure consumed pomegranate juice for two weeks. The juice reduced systolic blood pressure by inhibiting an enzyme (serum angiotensin-converting enzyme) that causes vascular contraction.

Elsewhere in the body, pomegranate's beneficial flavonoid compounds and critical metabolites are absorbed and concentrated in the prostate gland, colon, and intestinal tissues. A growing body of research highlights how pomegranate consumption supports the health of these tissues and fights cancer.

One group of flavonoid components in pomegranates is called ellagitannins. When ingested, these compounds are broken down into ellagic acid that exerts a potent antioxidant and anticancer compound. Not only does the acid protect DNA, it also blocks the cancer-causing actions of many pollutants, such as the polycyclic aromatic hydrocarbons (PAH) found in cigarette smoke and toxic chemicals such as benzopyrene.

Many commercially available pomegranate extracts are being standardized to contain 40 percent (or more) ellagic acid. However, synergy trumps separation. The synergistic action of several pomegranate constituents with ellagic acid suggests that the full range of phytochemicals produces a greater effect beyond just a high ellagic acid content.



5 GREAT REASONS TO DRINK UP

① Improves blood flow and protects cardiovascular health

Pomegranate acts as a potent blood thinner, removes plaque from the arteries, and helps regulate cholesterol levels.

② Chock full of regenerating antioxidants

Assists in the repair of tissues, heals wounds, and encourages skin circulation.

③ Aids digestion

Helps tone the intestines and reduce the intensity of hemorrhoids, nausea, dysentery, intestinal parasites, and diarrhea.

④ Manages inflammation

Research shows that pomegranate extract may block the production of a cartilage-damaging enzyme.

⑤ Prevents prostate cancer

Several trials suggest the juice inhibits the growth of the cancer cells and lowers prostate risk of metastasizing.

POMEGRANATE

CHOOSING A WINNER

Pomegranates should be plump and round, heavy for their size, with a rich, fresh color and should be free of cuts and blemishes. Larger fruits promise more seeds and more juice. Whole fruits can be stored for a month in a cool, dry area or refrigerated up to two months.

SEPARATE PIPS FROM PULP

The first step in preparation involves cutting of the crown of the pomegranate—the part with the stem at the

top. Once the crown is removed, cut the pomegranate into four sections. Place the sections into a bowl of water and, using your fingers, gently roll the pips out from the membrane. Once the seed pips have been separated, drain out the water and you are now able to eat or use them.

JUICING'S ULTIMATE ACCESSORY

Juicing is an easy way to use pomegranates. Once separated, place them in the juice extractor along with the other ingredients. Try them in the following recipes, or add them to your favorite juice blends.

POMEGRANATE POWER RECIPES

BERRY HAPPY

This juice is super-healthy because it combines flavonoid-rich berries with pomegranate.

1 cup mixed berries (such as blueberries, raspberries, strawberries, blackberries)

1/4 cup pomegranate pips

1 apple or pear, cut into wedges

Juice the berries, then the pomegranate pips. Flush through with the apple.

POMMY BLUE JUICE

This refreshing purple juice is as beautiful as it is healthy.

1 cup pomegranate pips

2 cups blueberries

Juice the fruits all at once and enjoy.

RED AND FRUITY

This juice is great for finicky kids and takes advantage of the red pigments in berries, cherries, and pomegranate to cover up the beet taste.

1/2 cup strawberries

1/2 cup pitted cherries

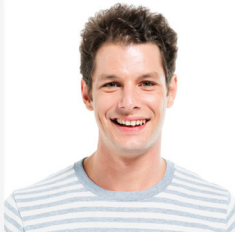
1 beet

1/4 cup pomegranate pips

1 apple, cut into wedges

Juice the strawberries and cherries, followed by the beet, pomegranate, and apple.





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MOVEMENT

SECRETS TO **EFFECTIVE EXERCISE**

Being physically fit is obviously an important part of being well. The health benefits of regular physical exercise are incredible. We all know this fact, yet the truth is that most people are *not* engaged in a regular exercise program.

While the immediate effect of exercise is stress on the body, with regular exercise the body adapts—it becomes stronger, functions more efficiently, and has greater endurance. Exercise enhances the transport of oxygen and nutrients into cells. At the same time, exercise enhances the transport of carbon dioxide and waste products from the body.

Lack of physical activity is a major reason so many Americans are overweight. Regular exercise is a necessary component of any weight loss program. Exercise promotes the development of an efficient method to burn fat. Muscle tissue is the primary user of fat calories in the body—the greater your muscle mass, the greater your fat-burning capacity. If you want to be healthy and achieve your ideal body weight, you *must* exercise.

Regular exercise also exerts a powerfully positive effect on mood. Tensions, depressions, feelings of inadequacy, and worries diminish greatly with regular exercise. Exercise alone has been demonstrated to have a tremendous impact on improving mood and the ability to handle stressful life situations.

If the benefits of exercise could be put in a pill, you would have the most powerful health-promoting medication available.

GET YOUR GEAR TOGETHER

If you want to stay motivated, be inspired, and stay the course, you will need some critical tools. If you are into fitness, you may already have some of these items.

1. A SCALE. New scales are available to measure not just your weight, but also your body fat percentage. These scales measure body composition using a safe, very low level of electricity. Since fat doesn't conduct much electricity, a higher degree of impedance of the electrical charge is associated with higher body fat percentage. Popular scales of this sort are affordable—prices start around \$30.

2. SHOES AND CLOTHES. Next, good shoes and comfortable, quick-dry clothing can make all the difference in comfort and endurance in any exercise program.

3. HEART RATE MONITOR. This is something you will probably hate at first but will eventually fall in love with. Exercising without one is like trying to drive a car without a dashboard. There are a lot of different models to choose from—including some that have over-the-top features—but unless you are a



serious fitness fanatic, all you really need is one that keeps track of your heart rate and calories burned.

HOW TO USE A HEART RATE MONITOR

If you are just getting started with a regular program, set a goal of 500 calories per workout. You will likely be shocked by how hard it is to burn 500 calories. It is probably going to take you 45 minutes to an hour to hit that number working out a pretty brisk pace.

How fast you burn calories is really based upon on your average training heart rate. In general, you should be trying to stay in your “training zone.” A quick and easy way to determine your training heart rate is to simply subtract your age from 180. For example, if you are 55, your training heart rate would be 125. The better shape you are in, the more you can push up your target both in terms of average heart rate and calories burned.

STEPS TO A SUCCESSFUL EXERCISE ROUTINE

A complete exercise program must include strength training or lifting weights, cardiovascular exercise, and stretching. Here are seven steps to follow in developing a successful exercise program.

STEP 1. REALIZE THE IMPORTANCE OF PHYSICAL EXERCISE

The first step is realizing just how important it is to get regular exercise. I cannot stress enough just how vital regular exercise is to your health. But as much as we stress this fact, it means absolutely nothing unless it really sinks in and you accept it as well. You must make regular exercise a top priority in your life.

STEP 2. CONSULT YOUR PHYSICIAN

If you don't exercise regularly, if you have health problems, or if you are over 40 years of age, get medical clearance before starting. The main concern is the functioning of your heart. Exercise can be quite harmful (and even fatal) if your heart is not able to meet the increased demands placed on it.

It is especially important to see a physician if you have any of the following:

- Heart disease
- Smoking habit
- High blood pressure
- Extreme breathlessness with physical exertion
- Pain or pressure in chest, arm, teeth, jaw, or neck with exercise
- Dizziness or fainting
- Abnormal heart action (palpitations or irregular beat)

MOVEMENT

STEP 3. FIND AN ACTIVITY YOU CAN ENJOY

Using the list below, choose from one to five of the activities—or fill in a choice or two of your own. Do one activity a day for at least 20 minutes and preferably for an hour. The important thing is to move your body enough to raise your pulse into the training zone.

- Cycling
- Swimming
- Exercise classes
- Tennis
- Running
- Walking
- Stair climbing
- Weight-lifting

STEP 4. MAKE EXERCISE A DAILY HABIT

The biggest excuse for not exercising is lack of time. But you can always make time to exercise. If you truly are only able to squeeze in 20 minutes of exercise a day, then make it an extremely intense 20 minutes. You don't get in good physical condition by exercising once in a while. Be consistent.

STEP 5. SET EXERCISE GOALS

Being goal-oriented with exercise helps keep you motivated. Success breeds success, so make a lot of small goals that can easily be achieved. Write down your daily exercise goal and check it off when you have it completed. Keeping track of your progress will motivate you to continued improvement.



Variety is very important to help stay interested in exercise.

STEP 6. MAKE IT FUN

The key to getting the maximum benefit from exercise is to make it fun. If you can find enjoyment in exercise, you are much more likely to do it regularly. One way to make it fun is to get a workout partner or an entertaining personal trainer. Another is to vary your routine.

STEP 7. STAY MOTIVATED

No matter how committed a person is to regular exercise, at some point in time, they are going to be faced with a loss of enthusiasm for working out. A good trick is to read fitness magazines. Looking at pictures of people in fantastic shape is often inspiring. In addition, these types of magazines typically feature articles on new, interesting exercise routines.

It doesn't matter what exercise you choose as long as you're consistent—and the way you'll stay consistent is to set yourself up for success. These steps will help you make the one of most important life changes you can possibly make: Becoming and remaining physically active.



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¹ Di Piero F., Menghi A.B., Barreca A., Lucarelli M., Calandrelli A., "Greenselect® Phytosome as an Adjunct to a Low-Calorie Diet for Treatment of Obesity: A Clinical Trial", *Alternative Medicine Review*, Volume 14, Number 2 (2009).

ENZYMES

THE BEST NUTRITIONAL SUPPLEMENTS YOU PROBABLY AREN'T TAKING

While not yet part of most people's daily regimen, enzymes are among the most useful nutritional supplements available. Enzymes are molecules that speed up chemical reactions—they either help build new molecules or break down molecules into smaller components. In terms of a health bonus, this translates into an effective digestive boost—proteolytic enzymes (proteases) help you break down the proteins in food more quickly. These enzymes include chymotrypsin and trypsin from pancreatin (from hog pancreas), bromelain (pineapple enzyme), papain (papaya enzyme), and fungal and bacterial proteases. While pancreatic enzyme products are still the most popular proteolytic enzymes, the vegetarian and fungal enzymes may prove to be more effective because they possess an unusually high stability and activity under a broader range of pH conditions.

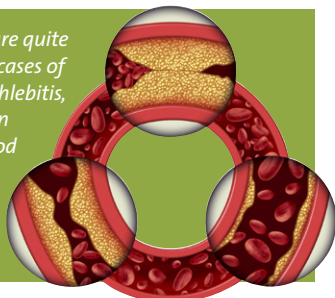
It's fairly standard practice to use these enzymes to help improve digestion and relieve bothersome abdominal bloating and excessive flatulence. However, more recent clinical research suggests a broader range of potential benefits. These enzymes seem to be quite useful for the following conditions:

- Cancer
- Hepatitis C
- Herpes zoster (shingles)
- Inflammation, sports injuries, and trauma
- Food allergies
- Multiple sclerosis
- Rheumatoid arthritis and other autoimmune disorders

AN INSIDE LOOK AT INFLAMMATION

The secret weapon in the enzymes vs. inflammation battle is primarily the ability to prevent the formation of fibrin. Fibrin intensifies inflammation by forming a wall around the area of inflammation. The resulting blockage of blood and lymph vessels leads to swelling. By helping to break down fibrin, proteolytic enzymes are a useful ally in many acute and chronic inflammatory conditions including sports injuries, tendonitis, and autoimmune diseases such as rheumatoid arthritis, lupus, scleroderma, and multiple

Enzymes are quite helpful in cases of thrombophlebitis, a disease in which blood clots develop in veins.





sclerosis. In addition, enzymes are quite helpful in cases of thrombophlebitis, a disease in which blood clots develop in veins, become inflamed, and can cause strokes or heart attacks.

THE ENZYME-CANCER CONNECTION

Proteolytic enzymes have a long history of use in cancer treatment. It began in 1906, when John Beard, a Scottish embryologist, reported on the successful treatment of cancer using a pancreatic extract in his book *The Enzyme Treatment of Cancer and Its Scientific Basis*. Fast forward over a hundred years, and the body of clinical research demonstrates that enzymes offer impressive benefits in the treatment of many forms of cancer, as outlined in a paper published in 2000 in the journal *Drugs*. Specifically, these studies point to improvements in the general condition of patients, quality of life, and even modest to significant

improvements in life expectancy. These studies involved administering enzymes in conjunction with conventional therapy (chemotherapy and/or radiation), providing ample indication that enzymes can be used safely and effectively with these treatments. Proceed with caution: Enzymes are not recommended for 2 to 3 days before or after a surgery as they may increase the risk of bleeding. After this window, however, enzymes can help speed healing and prevent or relieve a complication of surgery and radiation known as lymphedema.

Enzymes' valiant fight against cancer demonstrates an interesting mechanism. Once enzymes are absorbed, the body prevents digestion of proteins in the blood and other body tissues by producing anti-proteases. These anti-proteases block the invasiveness of tumor cells and prevent the formation of new blood vessels (angiogenesis). Proteolytic

ENZYMES

enzymes deter cancer in other impressive ways, such as inhibiting metastasis (the spread of cancer) and enhancing the immune response.

WIDESPREAD PANACEA

The list of conditions that pancreatic enzyme supplementation benefit seems to be growing all the time. For example, one potential use is in viral infections, including those due to hepatitis C and herpes simplex. In one study published in 1995 in the journal *Phytomedicine* on the treatment of herpes zoster (shingles), an orally administered pancreatic enzyme preparation was more effective than the standard drug therapy (acyclovir). In another study, published in 1997 in the *International Journal of Tissue Reactions* involving patients with hepatitis C, pancreatic enzymes were shown to be slightly superior to alpha-interferon in improving symptoms.

Serratia peptidase (Peptizyme SP)—an enzyme derived from a bacteria that resides in the intestines of silk worms—has been shown to produce good clinical results in post-surgical swelling; carpal tunnel syndrome; thrombophlebitis; chronic sinusitis; chronic bronchitis; and chronic obstructive pulmonary disease. This special enzyme, used in Europe and Japan for more than 25 years, is more powerful and has broader pH stability than the pancreatic enzymes chymotrypsin and trypsin.

CHOOSING THE BEST ENZYME SUPPLEMENT

To get the most out of proteolytic enzymes, you need to determine both quality and dosage. Of course, it's important to know what you are looking for. Most of the proteolytic enzymes have well-established guidelines developed by the United States Pharmacopoeia (USP) or the Food Chemical Codex (FCC). A mixture of proteolytic enzymes will produce better results than any single enzyme.

PLEASINGLY SAFE

Proteolytic enzymes have an excellent safety profile. Even in people with presumably normal pancreatic function, pancreatic enzymes produced no untoward side effects, nor did they reduce the capacity for subjects to produce their own pancreatic enzymes in a 1998 study published in the journal *International Journal of Pancreatology*. However, allergic reactions may occur (as with most therapeutic agents). Pancreatic enzymes should not be used by anyone allergic to pork; bromelain should not be used in anyone allergic to pineapple; and papain should not be used in anyone sensitive to papaya. Also, as the effects of proteolytic enzymes during pregnancy and lactation have not been sufficiently evaluated, they should not be used during these times unless directed to do so by a physician.

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EXPERT ANSWERS TO YOUR **HEALTH QUESTIONS**

FROM THE EDITOR

Do you have a question for Dr. Murray? Submit it online at www.DoctorMurray.com/contact-us. Please note that answers to health questions are not medical advice. If you have an issue that requires medical attention, please see your doctor.

ALLERGY BREAKTHROUGH

Recently a major breakthrough has occurred in addressing allergies. This nutrient supports the body in defending itself against allergens, and many allergy sufferers are interested in learning more. The nutrient is known best by its abbreviation, EMIQ.

Q What is EMIQ?

Enzymatically modified isoquercetin (EMIQ) is a highly bioavailable form of quercetin—a flavonoid with significant anti-allergy effects. EMIQ is manufactured through a natural process that attaches glucose chains (glycosides) to the quercetin molecule. The result is that the quercetin is provided in a water-soluble form, making it much more available for the body to use. During digestion, the glycoside portion of the molecule is removed, leaving the quercetin. As a result EMIQ greatly increases quercetin levels in the blood compared to the taking plain quercetin or its related compound rutin. Blood levels of quercetin are more than 40 times greater with EMIQ compared to an equal amount of quercetin.

Q How does EMIQ work to fight allergies?

The number of people with allergies and related conditions has been significantly on the rise, particularly in developing countries. There are a number of possible explanations for this increase, but a lot of the blame is directed to increased oxidative stress. By increasing antioxidant protection, EMIQ offers significant benefits to allergy sufferers.

In addition to antioxidant effects, EMIQ acts specifically against allergies by reducing the formation of the substances the body produces in response to allergens—like histamine. EMIQ also stabilizes membranes of cells (mast cells) that release histamine and other allergic/inflammatory compounds. As a result of this action on mast cells, EMIQ helps control allergy symptoms.

Q What clinical research supports the use of EMIQ in allergies?

Two clinical studies in Japan have shown EMIQ to help relieve symptoms of pollen allergies. In the first double-blind placebo controlled study, 20 subjects suffering from Japanese cedar



pollinosis took two capsules daily of 100 mg EMIQ or a placebo for 8 weeks during the pollen season. Throughout the course of the study, the eye-related allergy symptoms in the EMIQ group were significantly lower than for the placebo group. This indicates that EMIQ is effective at lessening allergic symptoms. The second study in similar patients showed equally beneficial effects in reducing the eye-related symptoms of hayfever.

Q Are there other clinical indications for EMIQ?

Yes, EMIQ exerts significant effects in reducing body fat accumulation, including abdominal fat. The way it works is by promoting enzymes that facilitate the breakdown of fat within fat cells. In the first human double-blind study in 2008, 200 overweight and obese

subjects (102 men and 98 women) were randomly divided into two groups and drank a beverage containing 0 mg or 275 mg of polyphenols for 12 weeks. Abdominal total fat area, visceral fat area, subcutaneous fat area, and waist circumference reduced significantly in the test group compared to the placebo group. The overall reduction in body fat was greater than 20 percent. A second study by the same research group showed that a dosage of 110 mg per day produced similar benefits.

Q Is EMIQ safe?

EMIQ has been found to be safe in many toxicity studies and is designated as Generally Recognized as Safe (GRAS) for use in specific foods in the United States. No side effects or adverse drug interactions are known.

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