


The Ten Deadly Health Myths of the 21st Century





The Ten Deadly Health Myths of the 21st Century

Everything you've ever been told, taught, or believe about disease prevention may be dangerous to your health!!

How can I make such an outlandish statement without even knowing you or your background?

Well, first of all, let me introduce myself. My name is Joe. I've been part of and witnessed a true revolution when it comes to the current state of our healthcare system. The truth needs to be told, because your life may depend on it.

Let me explain. I've decided that it's so important that you understand the truth (and the "myths" as well) that I have made available this free report so you can educate yourself and make the best possible decisions when it comes to you!

Are you guilty of believing any of the Top Ten Myths of 21st Century health? You may be surprised...

I sincerely hope you read and value this information because it truly can change your life. Information is power. You have the right to know.

Enjoy!

Sincerely,

Joe Barton
320-323-4331
joebarton@goldenkeys.net
<http://joebarton.myglycostore.com/>



Myth # 1

“I take vitamins every day, so my body is getting the nutrients it needs”



Myth # 1

"I take vitamins every day, so my body is getting the nutrients it needs"

This, perhaps, is the most widely believed myth in the wellness field today. Yes, absolutely, you need to supplement your diet with vitamins on a daily basis. However, here are the problems:

1. Well over 90% of vitamins on the market today are NOT fully absorbed by the body. This means that the whole reason for taking them is nullified! What is the point of taking a vitamin that will just go right through you? If you don't believe me, just ask anyone working for the local sewage plant about the "tablet" bricks that exist in the fecal material that are essentially undigested vitamins!

2. Vitamins should only be a PART of your core wellness plan, and never should they be the only aspect of your plan using supplements.

We realize purchasing a good, solid multi-vitamin in the marketplace can be extremely complicated.

Your vitamin NEEDS to meet the following criteria before you even consider a vitamin purchase:

1. A food based, all natural, vitamin so your body can recognize it as food and absorb and utilize all of the components. Most vitamin/mineral combinations are created with isolated nutrients that the body may not use. For example, oyster shell is frequently used for calcium and the chemical ascorbic acid or sodium ascorbate are used for vitamin C. When was the last time you prepared oyster shells for your dinner?

2. One that dissolves in your body! (Most don't!)

3. One that is scientifically formulated, standardized and stabilized.

4. When you take your vitamin/mineral, you can do it on an empty stomach without feeling stomach distress or an after taste.

Here is a test you can do to see if your vitamin dissolves. Take 8 ounces of warm water, add 8 tablespoons of distilled white vinegar (to simulate your stomach acid) and drop your vitamin tablet in the mix. How long does it take your vitamin to dissolve? Does it even completely dissolve? We recommend vitamins that dissolve mostly within the first 15 minutes.

Later on in this free report, we'll let you know our choice when it comes to food-based vitamins that passed our strict dissolve test!



Myth # 2

“Pharmaceuticals are the answer to both my short and long term optimal health strategies”



Myth # 2

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This is a huge myth that has been perpetuated by the health care industry and the pharmaceutical giants who naturally have a lot of power in terms of money and influence in government policy.

Did you realize that pharmaceutical - related deaths from properly prescribed drugs has been the 3rd largest KILLER in the United States for the last dozen or so years? Don't you find it interesting how that little known fact is somehow overlooked when all you hear about is Cancer and Heart Disease?

Have you been noticing an increasing number of stories in the media these days about the dangers of certain drugs: what's unsafe about hormone replacement medicines, anti-depressants, statin drugs and how few drugs are even effective at alleviating symptoms? We all need to be aware of what's going on here!

Want to read the truth about the life long effects of anti-depressants? Pick up Prozac Backlash by Dr. Joseph Glenmullen, a Harvard clinical instructor in psychiatry at Harvard Medical School. Here are one reviewer's comments:

"an important, deeply troubling examination of the means by which these drugs have become so widely disseminated, and the possible long-term toll they may take... As readable as it is alarming." -Janet Maslin, The New York Times.

In case you haven't been following some of the press coverage recently, here are some excerpts from a recent health news article (This came after the FDA in March began to issue warnings about antidepressants prescribed for children):
Health & Lifestyle News -5/17/04

Spending Soars for Kids' Behavior Drugs

TRENTON, N.J. - As more children pop pills for attention deficit and other behavior disorders, new figures show spending on those drugs has for the first time edged out the cost of antibiotics and asthma medications for kids. A 49 percent rise in the use of attention deficit/hyperactivity disorder drugs by children under 5 in the last three years contributed to a 23 percent increase in usage for all children, according to an annual analysis of drug use trends by Medco Health Solutions Inc. "Behavioral medicines have eclipsed the other categories this year," said Dr. Robert Epstein, Medco's chief medical officer. "It certainly reflects the concern of parents that their children do as well as they can." Antibiotics still top the list of the most commonly used children's drugs, but parents are paying more for behavioral drugs, such as stimulants or antidepressants, according to the analysis of drug use among 300,000 children under 19. Medco, the nation's largest prescription benefit manager, was to release the data culled from its customers' usage on Monday. When you supplement in this area, it is important that the formulation be stabilized, standardized, and contain the proper co-factors to ensure the nutrients make it through the liver and the digestion process to be properly utilized in the body. The most startling change was a 369 percent increase in spending on attention deficit drugs for children under five. That's in part because of the popularity of newer, long-acting medicines under patent, compared with twice-a-day Ritalin and generic versions available for years. But the use of other behavioral drugs also jumped in the last three years. Antidepressant use rose 21 percent and drugs for autism and other conduct disorders jumped 71 percent, compared to a 4.3 percent rise in antibiotics. Epstein said 17 percent of total drug spending last year for the group of children under 19 was for behavioral medicines, compared with 16 percent each for antibiotics and asthma drugs, 11 percent for skin conditions and 6 percent for allergy medicines.

Use of such behavior medicines has been controversial, with some experts questioning whether parents and school officials are too eager to medicate disruptive children. However, McGough said increasing adolescent use of antidepressants is a concern, because there's little proof they work in young people and evidence they may increase suicidal tendencies. Use of asthma medicines increased 15 percent from 2000 to 2003 and use of medicines for gastrointestinal problems jumped 28 percent, mainly due to new drugs for the stomach gas that gives babies colic.



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Look at what appeared in JAMA (Journal of the American Medical Association) in 1998:

Medications, potentially life-saving when used against illness, also can be dangerous and sometimes lethal. In this analysis the investigators determine the proportion of patients hospitalized in the United States who are affected by serious or fatal drug reactions defined as a noxious, unintended, or undesired effect of a drug that occurs at therapeutic doses. The overall rate of serious adverse drug reactions (ADR's) was 6.7% of hospitalized patients. The authors estimated that in 1994 overall 2,216,000 hospitalized patients had serious ADR's and 106,000 had fatal ADR's, making these reactions the fifth leading cause of death.

JAMA. 1998;279:1200 and 1216

Here's a little excerpt from an article discussing adverse drug reactions:

A recent analysis of 39 prospective studies in hospitals revealed an extremely high incidence of adverse drug reactions. Even when drugs were taken in the hospital under doctors' directions, there were more than two million adverse reactions, many of which contributed to patient deaths. The authors of this study concluded that adverse drug reactions ranked consistently between the fourth and sixth leading cause of death in the U.S. Newer drugs are particularly risky, since they have yet to be tested on a large population. Ten percent of new drugs released over the past 25 years subsequently acquired "black box" warnings (indicating adverse drug reactions) or were withdrawn from the market because of safety concerns. Half of these withdrawals occurred within 2 years of launch. The authors acknowledge that "innovative new therapies are important, but when safe and effective therapies already exist, any new drug should be considered a black box".

Very interesting read huh? As the saying goes, "everything is not as it appears" and that could not be truer in the case of perceived value with pharmaceutical drugs. Think about it, how could something toxic that will make you literally SICK if you took it when you're healthy be the answer for your long-term health?

It's clear the marketplace is making a shift away from Pharmaceutical drugs. If you truly believe pharmaceuticals are the way to go, take a look at (I highly recommend you do your own research) what some of the more enlightened doctors are saying nowadays...

1. "The cause of most disease is in the poisonous drugs physicians superstitiously give in order to effect a cure."

- Charles E. Page, M.D.

2. "Medicines are of subordinate importance because of their very nature they can only work symptomatically."

- Hans Kusche, M.D.

3. "If all the medicine in the world were thrown into the sea, it would be bad for the fish and good for humanity"

- O.W. Holmes, (Prof. of Med. Harvard University)

4. "Drug medications consists in employing, as remedies for

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disease, those things which produce disease in well persons. Its materia medica is simply a lot of drugs or chemicals or dye-stuffs in a word poisons. All are incompatible with vital matter; all produce disease when brought in contact in any manner with the living; all are poisons."

- R.T. Trall, M.D., in a two and one half hour lecture to members of congress and the medical profession, delivered at the Smithsonian Institute in Washington D.C.

5. "Every drug increases and complicates the patients condition."

- Robert Henderson, M.D.

6. "Drugs never cure disease. They merely hush the voice of nature's protest, and pull down the danger signals she erects along the pathway of transgression. Any poison taken into the system has to be reckoned with later on even though it palliates present symptoms. Pain may disappear, but the patient is left in a worse condition, though unconscious of it at the time."

- Daniel. H. Kress, M.D.

7. "The greatest part of all chronic disease is created by the suppression of acute disease by drug poisoning."

- Henry Lindlahr, M.D.

8. "Every educated physician knows that most diseases are not appreciably helped by medicine."

- Richard C. Cabot, M.D. (Mass. Gen. Hospital)

9. "Medicine is only palliative, for back of disease lies the cause, and this cause no drug can reach."

- Wier Mitchel, M.D.

10. "The person who takes medicine must recover twice, once from the disease and once from the medicine."

- William Osler, M.D.

11. "Medical practice has neither philosophy nor common



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sense to recommend it. In sickness the body is already loaded with impurities. By taking drug - medicines more impurities are added, thereby the case is further embarrassed and harder to cure."

- Elmer Lee, M.D., Past Vice President, Academy of Medicine.

12. "Our figures show approximately four and one half million hospital admissions annually due to the adverse reactions to drugs. Further, the average hospital patient has as much as thirty percent chance, depending how long he is in, of doubling his stay due to adverse drug reactions."

- Milton Silverman, M.D. (Professor of Pharmacology, University of California)

13. "Why would a patient swallow a poison because he is ill, or take that which would make a well man sick."

- L.F. Kebler, M.D.

14. "What hope is there for medical science to ever become a true science when the entire structure of medical knowledge is built around the idea that there is an entity called disease which can be expelled when the right drug is found?"

- John H. Tilden, M.D.

15. "The necessity of teaching mankind not to take drugs and medicines, is a duty incumbent upon all who know their uncertainty and injurious effects; and the time is not far distant when the drug system will be abandoned."

- Charles Armbruster, M. D.

16. "We are prone to thinking of drug abuse in terms of the male population and illicit drugs such as heroin, cocaine, and marijuana. It may surprise you to learn that a greater problem exists with millions of women dependent on legal prescription drugs."

- Robert Mendelsohn, M.D

It is clear. Pharmaceuticals are NOT the answer. They CANNOT heal you of any condition; they merely silence certain symptoms of a much larger problem your body is trying to communicate to you!

Let me ask you a question: If your kitchen faucet was turned on and water was overflowing from the sink, would you



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grab a mop or turn off the faucet? At best, drugs are like a toxic mop!

Here's my proposition to you: Why not give your body what it needs to overcome (protect, repair) and REGULATE ITSELF, just like good old Mother Nature intended since the dawn of man???



Myth # 3

“My doctor knows what’s best for me”



Myth # 3

“My doctor knows what's best for me”

Sadly, nothing could be further from the truth. Doctors today are hard pressed for time and most don't have the time to investigate new technologies. They could NOT possibly educate themselves on all of the new discoveries that are literally coming out daily. Most doctors are not educated on nutrition, but rather trained on drugs by the pharmaceutical companies and their representatives. Have you been reading over the last couple of years some of the amazing stories in places like the Wall Street Journal exposing the vacations, travel incentives, etc. that the pharmaceutical companies provide as part of their "education and marketing" to physicians? Are you alarmed?

Here's an excerpt from a recent article in the New York Times - where the whistle is being blown again on the pharmaceuticals:

As Doctors Write Prescriptions, Drug Company Writes a Check
By GARDINER HARRIS

Published: June 27, 2004

The check for \$10,000 arrived in the mail unsolicited. The doctor who received it from the drug maker Schering-Plough said it was made out to him personally in exchange for an attached "consulting" agreement that required nothing other than his commitment to prescribe the company's medicines. Two other physicians said in separate interviews that they, too, received checks unbidden from Schering-Plough, one of the world's biggest drug companies. "I threw mine away," said the first doctor, who spoke on the condition of anonymity because of concern about being drawn into a federal inquiry into the matter. Those checks and others, some of them said to be for six-figure sums, are under investigation by federal prosecutors in Boston as part of a broad government crackdown on the drug industry's marketing tactics. Just about every big global drug company - including Johnson & Johnson, Wyeth and Bristol-Myers Squibb - has disclosed in securities filings that it has received a federal subpoena, and most are juggling subpoenas stemming from several investigations.

The details of the Schering-Plough tactics, gleaned from interviews with 20 doctors, as well as industry executives and people close to the investigation, shed light on the shadowy system of financial lures that pharmaceutical companies have used to persuade physicians to favor their drugs. Schering-Plough's tactics, these people said, included paying doctors large sums to prescribe its drug for hepatitis C and to take part in company-sponsored clinical trials that were little more than thinly disguised marketing efforts that required little effort on the doctors' part. Doctors who demonstrated disloyalty by testing other company's drugs, or even talking favorably about them, risked being barred from the Schering-Plough money stream.

Moreover, most doctors are stuck in this medical paradigm of surgery and prescription drugs being the answer to your health challenges. They're untrained when it comes to using nutritional solutions to help their patients. A generation ago when we were getting more nutrition from our foods and people were using drugs more sparingly; this wasn't such a glaring issue.

Drugs clearly are NOT the answer to treating chronic illness!

Responsible physicians will admit they have no cures for chronic diseases.

And this is SERIOUS since the use of drugs by physicians represents a virtual epidemic responsible for killing 250,000 to 500,000 people ANNUALLY. If a jumbo jet carries 500 people, this is the equivalent of 500 to 1,000 jumbo jets crashing annually or up to 3 per day!

Hard to believe I know, but it's the truth. Once you see it as such, doors and opportunities to have better health will



Myth # 3

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open up for you like you won't believe. The key, as you know, is to first recognize the problem. Of Course, I recognize for some of you reading this book, this is not new to you-just further validation of what you have already understood. Maybe it's been bothering you for a long time and you've been searching for better solutions.

It is our goal to assist you to move from this limiting medical paradigm relying on pharmaceuticals, surgeries and other methods that only conceal the core issues and deal inconsistently with specific symptoms - with horrible and morbid results to your health - to one with prevention and nutrition that addresses the actual PROBLEM, not the symptom.

We're going to achieve this through this free report and also in our follow up messages that will continue to educate you on how you can finally make educated decisions when it comes to your health that will put you on the right track!



Myth # 4

“I eat healthily; therefore my body
is getting what it needs”



Myth # 4

“I eat healthily; therefore my body is getting what it needs”

WHOA! Well, I hear this one quite a bit, and once again, nothing could be further from the truth...

Let's begin by asking the question - "What is healthy eating?"

50 years ago, it was pretty much assumed that most people were getting a good diet. How true that was I don't know, but now-a-days, the experts say that it is extremely difficult to get proper nutrition. This is not only because of the wide spread availability of 'fast foods', but also because most people do not get 9 to 12 fresh fruits and vegetables daily, preferably raw. Those that we do get are frequently picked before they are ripe and therefore deficient in necessary phytochemicals. Further they are often prepared in a way that destroys most of whatever nutrient value is left.

Much of the food we eat is grown on land that has been farmed for many years. Fertilizing with 3 common elements can make a pretty good-looking fruit or vegetable, but the 4-5 dozen trace elements that should be in the plant are missing because they have not been added back to the soil.

Let's just use the example of the part of your diet that comes from fruit and vegetables. It does not MATTER even if you are eating 9 to 12 fresh fruits and vegetables daily! Any nutritionist will tell you the reason you should eat fruits and vegetables is for their "phytonutrients" or "phytochemicals".

Unfortunately, the amount of phytonutrients that are present in today's fruits and vegetables is drastically lower than what it was 50 yrs ago - and our bodies are paying the price!

Did you know that if the trace metal cobalt is depleted in the soil, no B vitamins will form in the food grown there? Therefore, when you eat that food, you will be lacking the B vitamins that should be there.

Are you aware of the survey published in Canada jointly by the CTV television network and the Globe & Mail newspaper? It states:

“According to a recent report conducted by CTV, Inc ... the quantity of vitamins and minerals in many Canadian fruits and vegetables is decreasing. (This follows a study published in 1997 that reported significant mineral losses in fruits and vegetables in the U.K)”

The answer to this increasing problem is you need to supplement your diet in a way that replaces those phytonutrients we are missing in our modern day diet! Don't cut your body short of what it needs.

Would you let your car go 50,000 miles without an oil change? Of course not! Because you know it would lead to more costly problems in the future.

Don't do the same thing to your body by not giving it the phytonutrients it needs! If you don't take care of your health today, you will likely be forced to deal with a health concern in the future.

And of course, there are other elements of a healthy diet that are important too like getting a good ratio of healthy protein and good quality fat with your meals. We won't go over all the important keys about diet right here. But know that this is something we can address with you, helping you to make healthy choices.



Myth # 5

“I FEEL healthy, so it won't
happen to me...”



Myth # 5

"I FEEL healthy, so it won't happen to me..."

Yes, I have heard this one quite often! Don't get me wrong; there is nothing wrong with "feeling healthy!" However, feeling healthy and actually being healthy may be two very, very different things. Have you ever heard about some of the basketball players and marathon runners who looked to be in the peak of health and dropped down dead? Do you remember Michael Landon? He played the part of 'Little Joe' in Little House on the Prairie. When he was diagnosed with cancer, he said in a television interview "I have never felt better in my life". Six months later he died.

Have you ever thought about the fact that people degenerate over time and may not be aware of severe health issues? That they just seem to accept that illness is a consequence of getting old?

The reality is that our bodies are very forgiving and adapt to so many stresses. Yet, sometimes, there's no warning before sudden death or critical illness.

Let's just take a hard look at the facts and what you are facing in today's world:

- A man's chances of getting cancer during his lifetime are now 48% (almost half) and a woman's chances are now 38%. The Canadian Cancer Society is now saying 50% of the Canadian population will have been diagnosed with some form of cancer by the year 2010.
- In 1900, 5% of the US population died of heart disease, cancer, or diabetes. Today, 95% of us will die from any combination of these causes.
- In the last 20 years, in spite of billions of dollars spent on research, cancer has moved from the number 8 killer of Americans to the number 2 killer.
- Every year over 500,000 women feel fine before being diagnosed with breast cancer. Over 40,000 of these women die in the US alone every year. Many women have gone to their doctor saying, "This can't be happening to me - I feel fine!"
- For 63% of the women with heart disease, and 50% of the men, a fatal heart attack is their first symptom.
- For the last 2 years, the #1 cause of death in people under age 30 in the U.S. has been cancer.
- 50 years ago, heart disease & cancer were not in the top 20 causes of death in any age group.
- 50 years ago, there were no pediatric oncologists (children's cancer specialists) because there was no need.
- Cancer ranked as the #8 killer in 1985, and is #2 now.
- The World Health Organization (WHO) states that the world's cancer rate is predicted to increase by 50% by the year 2020.

You may be telling yourself there is NOTHING you can do about all of these "recent" changes in our health over the last 20-50 years. I know that bad news can overwhelm us and make us feel like we have no healthy choices and don't know how to recognize good options anyway.

NOTHING COULD BE FURTHER FROM THE TRUTH.

All we need to do is turn back the clock and get the nutrients in our diets our parents and grandparents did 50 years



Myth # 5

“I FEEL healthy, so it won't happen to me...”

ago.

But, there is one small problem. We CANNOT possibly do it today with our food supply.

Because of soil depletion, pesticides, fruits and vegetables being picked off the vines too early (green harvesting), etc, we cannot possibly recreate the diets of those 50+ years ago. Not to mention that many of our foods have been genetically altered and no longer are what we would have called food a generation back.

We CANNOT do it.

However, we CAN supplement our diet in a way so that we DO get what they got in their diets 50 years ago!

This is GREAT news! However, you first need to understand what they got, what we need, and how to fill the gap so you properly support your immune system and protect yourself for graceful aging and protect yourself from all of these killers today.

At the end of this free report we'll assess your situation and recommend a solution that will have you well on your way to a healthy lifestyle.



Myth # 6

“All carbs are bad for me”



Myth # 6

"All carbs are bad for me"

Carbohydrates certainly have taken quite a beating over the last few years, and for the most part rightfully so. Consuming high levels of (refined) carbohydrates, grains and sugars is NOT good for your overall health. Been reading about all of the low carb diets out lately? They're all about cutting down on these starchy foods, right? This is a step in the right direction. But there is more.

I would estimate 90-95% of most people interested in living and feeling better do NOT understand there are 8 ESSENTIAL SUGARS that are absolutely necessary for proper cellular function within the body. This is some of the most surprising and important news you may have heard in the last 20 years so, read this next part carefully and prepare to shake up some of your beliefs!

Normally, we would get these eight sugars from our diet, however, for many reasons, we only get enough of 2 of the 8 we need! Some reasons these essential nutrients are missing from our 21st century diets are: depletion of our soil, processing of food, fruits and vegetables being picked off the vines before they ripen, use of pesticides, etc etc.

The Discovery of the 8 Essential Sugars

Here's what happened: Over the years, our electron microscopes became more and more powerful. Single chain carbohydrates became visible for the first time and their vital functions became known only a few years ago! Thus the birth of the huge new category of science called Glycobiology!

All Sugars are Not Created Equal - The Golden Age of Glyconutrition

Simply stated, the Greek word Glyco refers to "sweet." Hence, a glyconutrient is a biochemical that contains a sugar molecule. The prefix 'glyco' can be placed in front of a fat, protein, or any molecule and suggests that a sugar is attached. Glycobiology is the study of the sugar portion of these proteins and fats.

Glycoprotein = Sugar attached to a protein

Glycolipid = Sugar attached to fat

Glycoform = Any sugar form

The "Sweets" That Are Good for Us

Only certain sugars are glyconutrients. For example, sucrose is not a glyconutrient. Sucrose is the "sweet" with which we are most familiar, but it also happens to be the worst for our health. Sucrose is refined white (table) sugar and is being dangerously overused. The average American's consumption of sugar has shot from 5 lbs. in 1900 to 163 lbs today. Refined sugar is nothing but empty calories, has no nutrient value, and does nothing for our health.

While researching, I discovered in Harper's Biochemistry, 24th Edition, Chapter 56, that there are actually over 200 carbohydrate monosaccharides in nature and they are ALL called sugars. Only a few of these, however, can be considered 'necessary biologically active sugars.' Heralded as the vital missing link in our diets, researchers have identified up to 8 specific and 3 metabolic intermediate biological sugars that most of us fail to obtain through our diets. In fact, the average American diet only supplies sufficient quantities of two of these sugars, creating what may be the most potentially serious nutrient deficiency we face.

Just as there are essential proteins called amino acids and essential fats called fatty acids, glyconutritionals are the newly discovered class of necessary carbohydrate nutrients. The "healthy sweets" we do need are as follows:



Myth # 6

"All carbs are bad for me"

Glucose is readily available in our diets (converted from white sugar, fructose, and starchy foods) and in most cases is oversupplied in the form of sugar cane, rice, corn, potatoes, wheat, etc.

Galactose is readily available in our diets. It is obtained from the conversion of lactose (milk sugar) and is also easily obtained from dairy products UNLESS you suffer from lactose intolerance or are a vegetarian who does not eat dairy products.

Fucose is not readily available in our diets but is readily found in breast milk, astragalus herb, in several medicinal mushrooms, and in certain brown algae. It has numerous well-documented benefits for the immune system and has been shown to inhibit some cancer growth and metastasis.

Mannose is not readily available in our diets. The most popular source is Aloe Vera. It is also available in tiny quantities in the bran of whole wheat. However, it is very unstable and must be taken fresh from the plant or properly standardized to be of any benefit. It plays a profound role in cellular interactions and has even been known to lower blood sugar levels. It is absolutely vital to proper immune defenses against microbial invaders and has a natural and powerful anti-inflammatory effect.

Xylose is not readily available in our diets. It is often seen in sugarless gums, candies, etc. in that it has a sweet taste but does not cause tooth decay. It has recently been added to nasal sprays and appears to discourage the binding of allergens and pathogens to mucous membranes. It also has known anti-bacterial and fungal properties and may help prevent certain cancers.

N-Acetyl-Neuraminic Acid is not readily available in our diets but is another sugar that abounds in breast milk and dramatically impacts brain function and growth. It, too, boosts immune function and has documented anti-viral actions. Interestingly, in certain disease states, the ability to digest this sugar is impaired.

N-Acetyl-Glucosamine is not readily available in our diets. It is particularly beneficial for cartilage regeneration and joint inflammation. Glucosamine, a well-known natural medicine for arthritic conditions comes from this sugar compound. It has many more therapeutic effects and deficiencies or malfunctions of this sugar have been linked to diseases of the bowel.

N-Acetyl-Galactosamine is not readily available in our diets. It is the least known of the essential sugars although it appears to inhibit the growth of some tumors and, like the other sugars, plays an individual role in keeping cellular messages clear and promptly delivered.

Most of these sugars do not involve or require insulin for their use and go directly to the cells where they are incorporated into the cell structure wherever they are needed.

These sugars are so important to our health, that Mother Nature has made provisions to ensure we get them early on in life. Breast milk contains all of the essential sugars mentioned above. Emerging research continues to support how important breast-feeding is to human development - both short term and long term. Initial feeding with breast milk nourishment most positively affects immune function and brain development.

Here's the bottom line: Not all carbs are bad for you. In fact, if you don't supplement your diet with these 8 necessary sugars you are not giving your immune system the proper tools with which to fight off all of the harmful things we inevitably face today!



Myth # 6

“All carbs are bad for me”

What's the answer?

Well, science has proven that our bodies need these 8 necessary sugars (or “glyconutrients”) so our cells can properly communicate and do their job. We only get enough of 2 of them from our modern day diet.

WE NEED TO SUPPLEMENT OUR SYSTEM SO WE GET ALL 8!



Myth # 7

“All antioxidants work the same”



Myth # 7

"All antioxidants work the same"

What's the Secret For Living A Longer, Healthier Life? Increase Your Intake of Antioxidant Nutrients.

We can't stop the clock from ticking. But for millions of people, the challenge has become not just living longer, but living better. The key is to understand nutritional strategies that protect the body and prevent disease.

Like an old-fashioned Western movie, the prevailing theory about body chemistry features molecular bad guys ("free radicals") and good guys ("antioxidants".) Free radicals break down tissue, injure cells, age the body's organs and set the stage for disease. The good guys, antioxidants, are the body's peacekeepers and protectors. Antioxidants neutralize free radicals, thus slowing the aging process and helping the body resist disease. In order to live longer, healthier lives, we need to increase our intake of antioxidant nutrients.

It's important to live a healthy lifestyle and to avoid excessive stress, which studies show actually increases free-radical production in the body. Millions of people also take vitamins, minerals and herbs to insure that they are getting enough antioxidant nutrients. Be sure that the supplements you take are ones that are scientifically proven to be well absorbed and utilized by your cells, otherwise, you are wasting your money and jeopardizing your health. The Dietary Supplement Information Bureau recommends the following:

Vitamins, Minerals, Nutrients

- Vitamin C provides antioxidant, anti-aging protection to every cell in the body and greatly benefits the immune system. Research shows Vitamin C reduces risks of cardiovascular disease, cataracts and several forms of cancer. Probably the most extensively studied vitamin, Vitamin C has been shown to be of value in preventing and treating over 100 diseases.
- Vitamin E protects the body from free radical damage (especially tissues, organ systems and the brain) and protects the immune system. Studies suggest it reduces the risk of such major chronic degenerative diseases as atherosclerosis (hardening of the arteries), diabetes and cancer.
- Vitamin A and Beta-Carotene - Vitamin A helps regulate reproduction, growth and vision, supports integrity of the skin and mucous membranes, maintains health in the cells that line glands, ducts and organs and is a key immune support and anti-cancer nutrient.
- Selenium is an essential trace mineral that is a highly regarded anti-aging nutrient. It also has been shown to protect against prostate cancer.
- Coenzyme Q10 (Co-Q10) - a vitamin-like nutrient found in nearly every cell, CoQ10 is a key fat-soluble antioxidant essential for generating energy for metabolism. It is especially valuable for preventing cardiovascular disease and has been called a "scientific breakthrough" in the treatment of chronic heart failure.
- Alpha-Lipoic Acid (ALA) - neutralizes free radicals in cell membranes, improves nerve function, aids insulin in regulating blood sugar and may prevent cataracts. It also recycles other antioxidants like Vitamin C and E.
- Hawthorn Berry - Modern research shows that hawthorn enhances circulation and normalizes both high and low blood pressure. Used widely in Europe to treat heart failure, hawthorn relieves angina and improves circulation to the extremities, strengthens the heart and helps fight arterial plaque.
- Green Tea - The antioxidants in green tea are believed to help lower cholesterol and protect cardiovascular health.



Myth # 7

"All antioxidants work the same"

Green tea fights intestinal infections, supports the immune system, prevents cavities, and protects red blood cells from free radicals.

The bottom line is you will not get these antioxidants from our modern day diet. You need to supplement your diet with antioxidants that have been PROVEN to work in the body and do their job acting as the peacekeeper in protecting your tissues from harm.

Dr. Lester Packer in his first book for a lay audience, *The Antioxidant Miracle, Your Complete Plan for Total Health and Healing*, published in 1999, presents his evidence that antioxidants offer significant health benefits. Much of this evidence was discovered at the Packer Laboratory at the University of California at Berkeley during his 50 years of research. At the heart of Packer's theories is the notion that single antioxidants may be powerful, but that these compounds work more effectively as a team – creating a synergistic effect that far surpasses that of single antioxidants alone.

Some quotations from the book:

"More than 70% of People will die PREMATURELY from diseases caused by or compounded by deficiencies of antioxidants."

"It is virtually impossible to get the optimal amount of antioxidants from food alone."

"Scientists now believe that free radicals are causal factors of nearly every known disease. By controlling free radicals, antioxidants can make the difference between life and death, as well as influence how fast and how well we age. There is overwhelming scientific evidence demonstrating that those of us who eat a diet rich in antioxidants and take antioxidant supplements will live longer, healthier lives."

We'll help you out at the end of this book with some exciting news about how to choose the right combination of nutrients in order to make an effective antioxidant mix that will help turn back your clock or slow it down! Many solutions on the market don't meet the standards for stability. Many suppliers have produced solutions based on individual nutrients without doing lab and field standard tests on effectiveness, so follow our lead and you'll be on the right track!



Myth # 8

“I live in a rural area so I am not exposed to toxins”



Myth # 8

"I live in a rural area so I am not exposed to toxins"

Toxins exist everywhere! What are they and how do they adversely affect your health? Here is just a glimpse of what you face NO MATTER where you live!

Pharmaceutical drugs are now showing up in our tap and ground water!!! The first drug was found by accident. Scientists doing their routine tap water tests for pesticides in Berlin, Germany, found Clofibrilic Acid, a cholesterol-lowering drug. The instruments that found it were calibrated to identify pesticides!!... The scientists did not recognize the pattern, so they took it to a toxicology lab, which readily identified it.

Many other drugs have since been found in our wells and ground water:

- Lipid lowering drugs
- Analgesics
- Chemotherapeutic drugs
- Antibiotics
- Hormones
- Just to name a few

A summary article on 100 cities found identical results (Chemosphere, January 1998).

Antibiotics: Stuart Levy, Director of the Center for Adaptation Genetics and Drug Resistance at Tufts University in Boston, MA, states:

"Our concentration of antibiotics is 1000 times higher than in Germany, high enough to affect the growth of E-Coli. This may be causing the bacteria to become medication resistant."

E-Coli has been discovered in the drinking water of some major and minor US cities.

Estrogen: Shane Snyder of Michigan State University found enough estrogen (mostly from birth control pills) in Lake Mead to cause male fish to produce female egg protein, and to attempt to lay eggs that they were not equipped to lay. Disbelieving the results, Mr. Snyder repeated his tests 30 times.

Each year the United States produces over 400 billion pounds of synthetic organic chemicals that are all toxic. This is equivalent to 80 pounds of chemicals per year for every person on the planet. There are currently 55,000 chemical compounds in production. Of these, less than 1000 are even tested for toxic effects.

Research shows that there are between 300 and 500 toxins in our tissues today that were never found in the tissues of anyone before 1940. In fact, even the air at the North Pole is polluted with dioxin, one of the worst air pollutants and cancer causing agents. You are breathing dioxin right now and hundreds of other chemicals that you cannot taste, see or smell.

Obviously, toxins are GOING to be a part of our lives whether we like it or not. All we can do is make sure our body is properly cleansing itself of these harmful toxins so they don't stay in our system!

In order for this to happen, your body's cell's need to be communicating properly so they can determine what belongs in your body and what doesn't!

Makes sense right?



Myth # 8

“I live in a rural area so I am not exposed to toxins”

Unfortunately, most of us today are not getting the proper nutrients to our cells so our body can get rid of these harmful toxins!

What's the answer?

Well, science has proven our bodies need 8 necessary sugars (or "glyconutrients") so our cells can properly communicate and do their job. One of the cells major jobs is to rid the body of toxins. These sugars are literally the alphabet that our cells use to communicate with one another.

They are the alphabet of life! We only get 2 from our modern day diet.

WE NEED TO SUPPLEMENT OUR SYSTEM SO WE GET ALL 8!

Our recommended complete "glyconutrient" solution can be found by [CLICKING HERE](#).

Also, using a powerful antioxidant and an immune regulator that helps get rid of toxins can really set you up for protecting yourself!



Myth # 9

“I am too young to worry
about my health right now”



Myth # 9

“I am too young to worry about my health right now”

Yes, we hear this a lot. Unfortunately, we are seeing many teenagers coming up with illnesses earlier and at a higher rate than ever before!

It's true, no matter what age you are; your body **NEEDS** what your body needs. If you are never going to get what you need from our modern diet, then inevitably your health will pay the price, no matter what age you are.

Here are some important statistics to recognize when talking about age and health:

- ALL degenerative diseases are on the rise.
- Disease is regularly occurring at younger ages.
- Infants and children are contracting catastrophic illnesses at increasing rates.
- 50 years ago, there were no pediatric oncologists (children's cancer specialists) because there was no need.

The unfortunate truth is disease is increasing at an alarming rate among young people. **NO ONE** is exempt from being susceptible to disease!

The quicker you embrace this, the better off you are going to be. Be proactive about your health and give your body what it needs in order to operate the way Mother Nature intended!



Myth # 10

“Supplements don’t make
much of a difference”



Myth # 10

**“Supplements don’t make
much of a difference”**

Out of all of the health myths, this is perhaps the most important one for you to recognize and discard.

The belief that supplements don’t make a difference in your overall health is the most deadly belief you can possess in life.

Here’s why: We know **NO MATTER** what we eat, our diets are not providing the necessary nutrients we so desperately need in order to maintain great health and allow our bodies to function the way they were meant to.

So, because of that, not only do we need to supplement our diets, but we also need to supplement them with products that work and are designed to be absorbed in the body just like food would. Here are some facts when it comes this myth...

Many supplements don’t work. This is one of the reasons why people have lost faith in using them. Some of the problems in the supplement marketplace: there is little of the ingredients promised, the supplements are not always tested or stabilized, many are based on misunderstandings of what is good for the body. Also, many supplements take a drug like approach—**FIX THE SYMPTOM**. We know that’s **NOT** the best approach. The best way is to supplement the systems of the body so it can strengthen, repair, and regenerate in a healthy way.

We recommend using supplements that have both scientific testing and validation, and that have a systems approach to simply put back in the body what we’ve removed through our modern lifestyle.



Summary

Our Recommendations:
Medicine or Prevention? - Your Choice!



Summary

Our Recommendations: Medicine or Prevention? - Your Choice!

The bottom line - Only The Body Can Heal Itself!

Simply stated - doing all you can to stay healthy is your best protection against disease and getting full enjoyment from life. Wellness is your best option. This is accomplished everyday through your choices regarding nutrition, exercise and lifestyle. Even most doctors will agree that the body (when functioning properly) has the extraordinary ability to heal itself. The fact is that our immune systems are continuously destroying viruses, bacteria, fungi and even cancer cells, to keep us disease-free. When we fail to supply that system with vital nutrients, it fails to protect us, not only from disease, but from premature aging as well.

Too much health emphasis today is on the magic bullets advertised on television to fix sickness. Although you may have been fooled into thinking so - Drugs Don't Cure Disease. Even with drugs - the body does the healing. Drugs are designed to offer symptom relief by blocking or intercepting natural biological activity until the body fixes itself. The medical profession will openly admit they have no cure for any autoimmune and other diseases, and only treat to offer relief to its victims.

Drug symptom relief however, can be costly. By definition, all drugs are toxic and can have serious side effects. In fact, more than 100,000 deaths occur every year in the U.S. related to the use of legally prescribed medications. This is now the third leading cause of death and although it goes relatively unnoticed, consider that this is comparable to a 270 passenger jet crashing everyday for a year and killing everyone on board. Taking drugs should never be a casual decision. Taking multiple drugs can be deadly. If you are taking drugs, please inform your doctor of all the drugs you are using before adding more.

Make no mistake; western medicine may be the best in the world at handling emergencies and prolonging life. Drugs and antibiotics can be life saving tools in our medical arsenal when used properly, but they should not be used for health maintenance and disease prevention.

Fortunately many people are also turning to non-drug alternatives such as exercise, improved diets and nutritional supplements. JAMA reports that 50% of Americans have gone to alternative care physicians and that 50-70% of Americans are taking nutritional supplements. Even when disease does strike, quite possibly the best solution would be medical intervention with extra nutritional support, especially glyconutritional support, to re-build the body.

Ancient medical practitioners knew what we have to re-learn today - that some plant compounds have a brain. In other words, glyconutrient supplements and other adaptogenic plant compounds can enter the body and act according to need and individual situation. They either stimulate or suppress reactions to heal when you are sick, or work in other pathways to prevent illness. Simply stated, they help the body ADAPT to its particular health challenge and environment. To put it another way - they initiate healing rather than just masking symptoms. NO prescription high-tech drug can do that.

Both health and disease begin at the cellular level. Our bodies are simply an agglomeration of cells that must work together in harmony. Each has its own structure, function, and duty to perform. There are many factors we do not totally understand that lead to disease. But one thing we do know: if our cells, the basic building blocks of life, do not receive the right mix of nutrients, they do not stay healthy. This leads to a cascade effect, which ultimately ends in some disease condition.

Healthy Cells = Healthy Tissues = Healthy Organs = Health Bodies

Make sense?



Summary

Our Recommendations: Medicine or Prevention? - Your Choice!

Our Recommendation

- Since both disease and health begin at the cellular level, and we know that our cells need eight essential sugars, we begin by supplementing our diet with those eight sugars. Our recommended “glyconutrient” product that contains the eight essential sugars can be found by [CLICKING HERE](#).
- Vitamins and Minerals are essential to your everyday health, and it’s most important to find one that is food based and assimilates in the body so you get what you need! Our recommended food based vitamin that has been proven to absorb in the system can be found by [CLICKING HERE](#).
- All Antioxidants are NOT created equal. In fact, many of them on the market today have little to no effect in the body! Antioxidants are very important for protecting your tissues from harm that the free radicals in your body. The highest levels we’ve found from an antioxidant in extensive testing can be found by [CLICKING HERE](#).
- Phytohormones also called Phytoestrogens are critical for many functions. Our environment has played havoc with our ability to manage our hormones, so supplementing is best. Hormonal health is key for cardiovascular health, bone and tissue vitality, immune system functioning, response to stress, etc. When you supplement in this area, it is important that the solution be stabilized, standardized, and with the proper co-factors to ensure the nutrients make it through the liver and the digestion process to be properly utilized in the body. Our recommended hormonal support product can be found by [CLICKING HERE](#).

I hope you’ve enjoyed this free report, and it has you thinking about being proactive about your health.

If you’d like to discuss your current options when it comes to supplementing your diet, feel free to contact me at the information below:

Joe Barton
320-323-4331
joebarton@goldenkeys.net
<http://joebarton.myglycostore.com/>