Naturally lower cholesterol in 4 weeks

SO YOUR DOCTOR SAYS that you've got high cholesterol, and he sends you from his office with a much lighter wallet courtesy of the prescription medication that you hold carefully in one hand. In the other hand you clutch a fistful of papers that describe what you should and shouldn't eat, drink, and do from this day forward. It can be rather intimidating, especially when you feel perfectly fine, thank-you very much. That's the problem with high cholesterol: without a blood test you wouldn't know you had it. Not knowing you have it, and not treating it properly, can cause serious complications.

High cholesterol is a major indicator in heart disease, the number one killer in North America. The American Heart Association estimates that more than 100 million North Americans have borderline or high cholesterol, and many rely on prescription medications to keep the condition in check. Unfortunately, a multi-center clinical study showed that only 38% of individuals who took medication for high cholesterol reached their goals for lowering harmful low-density lipoprotein or LDL. And while statin drugs may work to lower cholesterol, they often lead to unpleasant side effects including severe leg cramps, muscle weakness and nausea. Now, thanks to scientific research, prescription drugs are not the only tool in the cholesterol-lowering toolbox.

Mother Nature to the Rescue
Since the 1950's, scientists have known that certain naturally occurring properties in plants known as plant sterol esters lower blood concentrations of cholesterol. The compounds work by competing with cholesterol in the digestive system. Simply put, there is only so much capacity for cholesterol absorption in the intestines, and because the plant sterol esters are similar in structure to cholesterol, they block the absorption sites. As an added benefit, the plant compounds are not easily absorbed by the intestines, and are virtually eliminated from the body. More than 20 scientific studies in the United States and Europe support the use of plant sterol esters to lower cholesterol. In decades of medically

Have you been diagnosed with high cholesterol? The good news is that plant sterol esters are proven to lower your cholesterol levels naturally.

inside this issue

Pain, pain go away

Plant extracts for prostate health

Heart health check

The first step toward health

Arthritis, irritable bowel syndrome, fibromyalgia, swollen painful joints and hardening of the arteries all have one thing in common – an overactive immune system. Page 2

Affecting millions of men, benign prostatic hyperplasia (BPH) and prostate cancer are of great concern, and keeping the prostate healthy requires some attention. Page 3

How much do you know when it comes to your heart health? Take this simple quiz by answering true or false to each question. Page 3

Have you ever thought that the road to health is too long and difficult? The truth is, health is a choice that you make every day. Page 4

Continued on page 2
Pain, Pain...Go Away

Most people are not aware that their immune system has a role in initiating and exacerbating inflammation in the body. Inflammation simply means pain, swelling, redness and heat. When that inflammation takes place in our digestive tract we have symptoms of diarrhea; when it happens in our arteries our arterial walls thicken causing hardening of the arteries and when it happens in and around our muscles and joints we have overwhelming pain, swelling and inevitably joint destruction. Treatment can involve taking an anti-inflammatory or pain relieving medication or we can get to the root of the problem, correct the immune system’s response and normalize the inflammatory process.

Arthritis, irritable bowel syndrome, fibromyalgia, swollen painful joints and hardening of the arteries all have one thing in common – an over-active immune system.

For months I had been suffering with a form of inflammatory arthritis diagnosed as possibly rheumatoid arthritis. My fingers used to swell so much that I had to have my rings enlarged twice. I was taking anti-inflammatory drugs, which did little more than upset my stomach. That was 2 months ago. Then I started taking Moducare® and my stiffness and pain decreased. The best part of taking Moducare® is that I have no further swelling anywhere in my body and I don’t have to take the anti-inflammatory medications I was prescribed. I will continue to rely on Moducare®.

B.E., Ontario Canada

This woman is not alone and others like her will be pleased to know that a research study published in the American Journal of Clinical Nutrition 2002 has confirmed Moducare’s® effectiveness. The study enrolled 18 patients with active rheumatoid arthritis as defined by the American College of Rheumatology criteria. Each patient took Moducare® three times a day for 24 weeks. The group receiving Moducare® experienced a reduction in overall pain, the number of tender joints and an improvement in general wellbeing. Physicians also noted that they felt the patients had less pain. The Erythrocyte Sedimentation Rate (ESR), also called the ‘sed’ rate, in those taking Moducare® was also significantly improved. Based on this study the researchers stated that persons with rheumatoid arthritis would benefit from the addition of Moducare® to their current treatment strategies.

Arthritis is the number one cause of long-term disability in North America. Over 55 million people are affected by arthritis and two hundred thousand of those are children. The most common types of arthritis include osteoarthritis and rheumatoid arthritis. Most physicians believe arthritis is incurable, and treat only the symptoms. The end result of arthritis is destruction of the cartilage that covers the surface of bones. Inflammation occurs, causing pain and swelling. Doctors prescribe many types of painkillers – NSAIDS, acetaminophen and more – all with inherent dangers.

Moducare® has the ability to help correct the underlying abnormality in the immune system that promotes the pain and inflammation associated with both osteo and rheumatoid arthritis. Moducare® really shines in controlling autoimmune responses where the immune system is attacking the body’s tissues, as seen in rheumatoid arthritis, lupus, scleroderma and other autoimmune conditions. Find relief for your arthritis with Moducare®.

For more information and to read the clinical research go to www.moducare.com.

EXPERT advice

Naturally lower cholesterol in 4 weeks

Continued from Cover

supervised clinical testing, no significant adverse effects have ever been observed.

Plant sterol esters are found in fruits, vegetables, nuts and other plant foods, but not in quantities needed to provide a cholesterol-lowering effect. And, of course, most people don’t eat enough of those foods anyway. Knowing this, the FDA has issued a health claim for plant sterol esters, so adults can take advantage of their cholesterol-lowering abilities.

Now for the Great News

If you have recently been diagnosed with high cholesterol, or have been living with the condition for years, the plant sterol esters found in new non-prescription ModuChol™ capsules are proven to lower your cholesterol levels naturally. The FDA has stated that “foods containing at least 0.65 g per serving of plant sterol esters, eaten twice a day with meals for a daily total intake of at least 1.3 g, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.” A daily serving (two capsules) of ModuChol™ supplies 1.3 grams of plant sterol esters.

Research shows that plant sterol esters lower cholesterol regardless of what you eat; that is, these compounds lower cholesterol when used along with either a high-fat or low-fat diet. That’s good to keep in mind if you feel overwhelmed by the lifestyle changes that your doctor is recommending! It is also important to note that plant sterol esters can be taken along with cholesterol-reducing medications since combining them has an additive effect.

Don’t forget that making certain lifestyle changes may have an impact not only on lowering cholesterol, but also on your overall health and sense of well-being. Cigarette smoking, lack of exercise and a diet high in saturated fat (fatty cuts of beef and pork along with butter, cheese and ice cream) all contribute to
Plant extracts for prostate health

It’s not a very pleasant rite of passage, but approximately four out of five men can count on developing prostate trouble as they age, and one in six will develop prostate cancer in his lifetime.

THAT’S A LOT OF TROUBLE for a gland that many men don’t understand. The prostate is important in reproduction, and is responsible for producing seminal fluid. It is located under a man’s bladder and wraps around his urethra, the tube that carries urine from the bladder through the penis and then outside of the body.

As men get older, the prostate gland slowly gets bigger. It may press on the urethra and cause urine to flow slower and with less force. This condition is called benign prostatic hyperplasia (BPH). "Benign" simply indicates that the condition is not cancerous. The prostate can enlarge without causing any symptoms, but signs of prostate trouble include difficulty in starting urination, a diminished stream of urine, dribbling just after urination, and a post-urination feeling that the bladder is not completely empty.

It is important that you report these symptoms to your doctor as they may indicate more serious illness as well.

In North America, prostate trouble was considered merely a fact of aging, and men simply played the waiting game until the prostate was large enough to be treated surgically – with uncertain results. Now men can take advantage of the healing properties of plants used historically throughout the world to treat the symptoms of enlarged prostate. Saw palmetto extract, for example, has a long history of use in Europe for the treatment of BPH. Numerous well-controlled scientific studies have shown saw palmetto extract to be quite effective for relieving the symptoms of BPH while causing almost no unwanted effects.

Often found in combination with saw palmetto extract, stinging nettles is also widely used in Europe for urinary problems associated with BPH, and preliminary studies show that nettles extract may inhibit prostate cell growth. Lycopene, known for giving tomatoes and other foods their red color, is also a very potent antioxidant that activates factors that suppress tumors. Studies also show that the many health benefits of green tea now include inhibition of prostate cancer cell growth.

Created in Germany 30 years ago, Harzol™ has been one of the leading products recommended by urologists to treat BPH. Harzol™ is now available in North America only in ModuProst™. Studies show that the Harzol™ found in ModuProst™ resulted in improved peak urinary flow rate, as well as an improvement in subjective symptoms of BPH.

Documented research of all the ingredients in ModuProst™ daily supplements demonstrates significant prostate health benefits. You also want to avoid alcohol and caffeine, but drink plenty of fluids since reducing intake of liquids can lead to urinary tract infection.

James B. LaValle is the Co-Founder of the Living Longer Institute and author of "Cracking the Metabolic Code."

Want to keep them smiling?

Nobody likes to get sick, especially the little ones.

BUT AS PARENTS, we know how hard it can be to get kids to eat the fruits and vegetables that keep them strong and healthy. Great tasting, naturally sweetened Moducare® chewables are a convenient way to restore, strengthen and balance the immune system. Reduce colds, flu and allergies with daily Moducare® chewables.