

Create Vibrant Health News – Issue # 5 October 27, 2004

www.createvibranthealth.com

Last week I had a dream in which I saw how the body's organs were literally bathed in the fluids that circulate within us (blood, lymph) and saw how any organ and tissue in the body can be regenerated if these fluids were full of oxygen, enzymes and life giving nutrients. I also realize that the content of the blood and lymph is dependent upon the health of the gastrointestinal tract – whatever is in the intestines will often get into the bloodstream. Hopefully it is healthy nutrients, but often it is toxic waste and putrefied proteins and rancid fats.

I have been working for the past two weeks on an outline for a class on detoxification and my mind has been focused on how to help my clients regenerate their health and reverse degenerative conditions which many of them are experiencing or heading towards. I felt so inspired by this dream that anyone can heal themselves, prevent degenerative disease and experience vibrant health if they have enough knowledge of what the body needs and discipline to stop doing the things that are weakening it and start doing the things that will nourish and strengthen it.

It is up to you to take charge of your health and cleanse the organs, blood and lymph fluids – you'll feel great and age gracefully. There is no reason why you can't feel more energetic, younger and healthier each year.

In this issue you will learn:

- ❖ The vital importance of healthy bacteria (known as probiotics) in digestion, elimination and immunity and how to determine which products are most effective.
- ❖ The health benefits of sunlight and how to continue getting those benefits even as the amount of day light rapidly diminishes.
- ❖ How to make sense out of the controversy surrounding cholesterol.
- ❖ Overview of my exciting new class on detoxification and internal cleansing along with dates and locations of upcoming workshops and lectures.

Why Healthy Bacteria (Probiotics) are important to our health and how to make sure we get enough of it

We hear it all the time from nutritionally based healthcare practitioners – you are what you eat. Actually it is more accurate to say **you are what you digest, absorb and assimilate.** My personal health challenges stemmed from a seriously compromised digestive system. It took many years before I finally woke up and addressed this basic area of health and along with detoxifying heavy metals, chemicals and other core toxicities it was the turning point in my health and my life.

Most people have compromised digestive tracts and assimilate much less of the nutrients in their foods than they realize. My experience in viewing live blood for the past eight years has also confirmed that most people are in a perpetual state of auto-intoxication due to bowel toxicity, intestinal permeability (“leaky gut”) and overall poor digestion and elimination.

The number one factor contributing to poor digestion and elimination, leaky gut and nutrient deficiencies is an insufficient quantity of beneficial bacteria (Probiotics) in both the small and large intestine.

What Causes Probiotic Deficiencies?

Poor diet, unhealthy lifestyle, environmental toxins and medications contribute to depletion of beneficial bacteria in the intestines, the following being the most important factors:

- Chlorinated Water
- Colonics – which wash out some of the beneficial bacteria
- Chemical additives, pesticides and antibiotic residues found in the environment and food
- Child birth factors including: caesarean section and/or delivery in a sterile hospital, use of disinfectant at birth, formula fed infants
- Drug use including: alcohol, antibiotics, steroids, birth control, cortisone
- Eating disorders
- Antibiotic herbs such as goldenseal or large amounts of garlic
- Spermicides
- Pollution: air, water and food
- Radiation
- Stress
- Excess consumption of refined sugar and carbohydrates
- Heavy metal toxicity

As you can see from the above list most of us will have to actively enhance our probiotic levels just to cope with daily life. Health problems related to probiotic deficiencies fall into five categories:

1. Stomach/intestinal tract which include: bloating/gas, digestive upset, elimination problems, malabsorption (weight loss).
2. Fungal Overgrowth of the Reproductive System including: vaginitis, yeast overgrowth and jock itch.
3. Mouth/throat including: gingivitis, thrush and cold sores.

4. Infant health problems including: weight gain and growth difficulties, yeast overgrowth, chronic digestive and immune system problems.
5. Other chronic health problems including: weakened immune system, liver problems, premature aging, hyperactivity and mood swings.

The steps you can take to replenish healthy levels of beneficial bacteria

Remember that all our actions have a cumulative effect so keep in mind the following and you will be well served:

- ❖ Avoid drinking chlorinated water – which destroys beneficial bacteria.
- ❖ Women who want to avoid pregnancy should find other options to birth control pills which severely deplete levels of healthy bacteria.
- ❖ Don't use antibiotics unless there is no alternative.
- ❖ Reduce or avoid refined sugar and other refined carbohydrates which feed bad bacteria, fungus and parasites which then compete with good bacteria for the valuable real estate of your intestinal lining.
- ❖ Eat plenty of cultured foods like: live cultured yogurt, kefir and cultured vegetables.
- ❖ Take a **high quality probiotic supplement.**

Why take a probiotic supplement and what qualities should you look for in a probiotic supplement?

The major reasons to take a probiotic supplement are:

1. The overwhelming need to increase probiotics in our intestines due to the depletion from the causes listed earlier: diet, toxicity, medications, stress.
2. Cultured foods often have low levels of beneficial bacteria due to the fact that most are not grown with the purpose of enhancing digestion and health, rather more with the purpose of enhancing taste and shelf-life. One capsule of Trenev Trio from Natren has the equivalent levels of healthy bacteria as 60-80 servings of yogurt.
3. More importantly than potency is the **strain of bacteria**. There are over 300 strains of Acidophilus yet only 3 or 4 have been scientifically tested to have therapeutic value. With cultured foods you don't know which strain you are getting. Many have no therapeutic value at all.
4. Therapeutic value of Probiotic strains found in humans include:

- a. Acidophilus: Resident bacteria most specific for the small intestines benefits include:
 - i. Aids in digestion of nutrients
 - ii. Certain super strains like DDS-1 and NAS help destroy invading bacteria and yeast by producing natural antibiotic substances.
 - iii. Both strains produce H₂O₂ (Hydrogen peroxide) which inhibits yeast overgrowth.

- b. Bifidobacteria: Resident bacteria most specific for the large intestine, benefits include:
 - i. Helps prevent colonization of invading bacteria, yeasts and fungi by competing for nutrients and attachment sites, as well as production of lactic and acetic acids.
 - ii. Studies from Germany show that certain strains of bifidobacteria are the most effective in reducing stress on the liver.

- c. Bulgaricus: Transient microorganism found in traditional Bulgarian yogurt, benefits include:
 - i. Helps to decompose fecal matter and prevent putrefaction and hold down certain pathogen levels in the large intestine.
 - ii. Has a powerful effect on stimulating the bodies immune system.
 - iii. LB-51 strain has the most scientific research indicating support for human health.

Over the years I have investigated many probiotic supplements and have found that the following criteria are the most important in selecting a product that will deliver excellent results for your intestinal health:

1. **Strain of Bacteria:** make sure to select a product that uses only proven superstrains of bacteria such as DDS-1, NAS, Malyoth, LB-51 and infant bacteria strain NLS. These strains have been clinically proven to protect the intestines. Weaker strains have substantially less benefits to your health.
2. **Culturing Medium:** beneficial bacteria can be destroyed by stomach acids if they are not protected by a viable culturing medium. Dairy-based products are often better protected and survive stomach acids longer. Also certain oil-matrixed multi-organism products are equally protected from stomach acids.
3. **Potency guarantee at consumption:** most products have potency guaranteed at the time of manufacture. Unless the product **guarantees potency through the products expiration date** you will likely be short-changed in your beneficial bacteria levels.
4. **CFU:** colony forming units are the actual levels of bacteria in a product. Many products use centrifuges to make their products which damage and destroy many

- of the bacteria. Find a brand that does not use centrifuge and has guaranteed CFUs (at the time of consumption) in the **Billions**.
5. **Exposure to light and Moisture:** these exposures rapidly destroy potency. Find products sold in dark glass bottles.

Around 1990 I had the good fortune to come across a nutritionist and health coach named Gary Carlson who helped me improve my health. A part of his program included taking large amounts of probiotics to replenish the beneficial flora in my intestinal tract. He insisted on Natren probiotics for his clients. I used the Natren products for a couple of years and my health improved substantially. Natren products are the only probiotic supplement that I am aware of that meets all of the above criteria.

After my health improved and I moved out of the Chicago area whenever I felt a need for intestinal support I would use either Natren probiotics or a soil-based bacteria product. Since I started my own private practice I have been recommending Natren probiotics to my clients and have found excellent results with all varieties of digestion and elimination problems.

Natren can be found in health food stores and I am now carrying Natren products at a 10% discount for my clients and referrals. You can either come in to my office and pick up a bottle or I can ship directly to your home or office the probiotic product that is right for you. Just call me at 708.848.0254 and I'll get your probiotics right out to you.

There are a variety of probiotic products that have different function in the body. The Natren product that is best to start with is **Trenev Trio** which has all three strains: Lactobacillus acidophilus, Bifidobacterium and Lactobacillus bulgaricus in one oil-matrixed capsule. Other probiotic products can be added or used in place of Trenev Trio depending on particular health conditions.

If you have digestion, elimination or absorption problems you may want to schedule a consultation with me to help customize a dietary and supplement program to help you resolve these issue. I know that I would not be where I am today if it were not for the Nutritionist who guided me back in 1990.

Is Ultraviolet light good or bad for your health?

Research indicates that full spectrum light has numerous dramatic health benefits. Full spectrum light has two parts: one visible, one invisible. The visible spectrum consists of all the colors of natural sunlight, as found in a rainbow or light refracted in a prism.

Ultraviolet light (UV), although invisible, is present all the time outdoors during the day – even on cloudy days. Many of us have been led to believe that UV light is bad for us and contributes to skin cancer. This partly true and partly false. Actually UV light is divided into three types depending on wavelength:

1. Near UV (UV-A) – which tans us.
2. Mid UV (UV-B) – stimulates the production of Vitamin D3 in our skin and is essential for the absorption of calcium into bones and stimulates our immune system.
3. Far UV (UV-C) – although hospitals use UV-C to kill bacteria and viruses, UV-C is widely believed to increase the risk of cancer. Fortunately most UV-C is blocked from reaching us by the earth's ozone layer.

Research has found that although overexposure to sun greatly increases your chance of getting skin cancer, regular moderate exposure may actually decrease the risk of skin cancer. **One rigorous study found that the incidence of malignant melanomas was considerably higher in office workers than in people who were regularly exposed to sunlight in their occupations or lifestyles. In fact, sunbathers, were in one of the lowest risk groups – they were only half as likely to get malignant skin cancers as the office workers.**

In his book “Light: Medicine of the Future”, Jacob Liberman, O.D., Ph.D., lists some of benefits of Ultraviolet A and B including:

- UV light activates the synthesis of Vitamin D, which is a prerequisite for the absorption of calcium and other minerals from the diet. In a controlled study, the group receiving UV absorbed 40% more calcium from their diet than their counterparts who received no UV.
- UV light lowers blood pressure.
- UV light improves electrocardiogram (EKG) readings and blood profiles of individuals with atherosclerosis (hardening of the arteries).
- UV lowers LDL (so called bad cholesterol) by 13% within two hours of exposure.
- UV light assists in weight loss. Perhaps due to the stimulating effect on the thyroid.
- UV light is effective in treating psoriasis. 80% of people suffering from psoriasis improved when exposed to UV light according to the National Psoriasis Foundation.
- UV light is an effective treatment for many other health problems including tuberculosis and asthma.
- UV light increases the level of sex hormones.
- UV light activates solitrol, an important hormone in the skin that works in conjunctions with the pineal hormone melatonin. It is believed that solitrol is a form of Vitamin D3, which influences the immune system in addition to other regulatory hormones in the body.

The best way to get UV light is of course to get outdoors even if for only ten or fifteen minutes per day. My personal belief is that moderate sunlight exposure during the day for

-7-

½ to 1 hour per day is optimum for health. In the summer in Northern climates or year round nearer the equator you should avoid mid-day direct sunlight from 11 am – 2pm.

Just make sure some skin is exposed to the sun and your eyes are not covered by sunglasses or contact lenses – which block beneficial UV light. **Indirect UV light in the eyes activates the pituitary gland and helps regulate all hormones in the body.**

For those of us who live in northern climates or who work indoors long hours, sometimes it is just not possible to get a healthy dose of daily sunlight. Last spring when I opened my new office I installed full spectrum florescent lighting from a company called **American Environmental Products**. Over the years I had researched many lighting products and am convinced these are the best on the market. Their products only produce the UV-A and UV-B wavelengths – so you get all the health benefits of UV light without any of the risk of UV-C light.

Full Spectrum lighting has been used therapeutically to help with many conditions including:

- ❖ Seasonal Affective Disorder
- ❖ Depression
- ❖ Immune system dysfunction
- ❖ Sleep disorders
- ❖ Jet Lag
- ❖ Respiratory conditions

I suggest everyone get full spectrum lighting for their homes and offices. Bulbs, florescent tubes and light boxes for more direct exposure are product options that are available. American Environmental Products is the manufacturer of the highest quality full-spectrum light products and primarily sells directly to businesses or healthcare practitioners. If you are interested in purchasing the best full-spectrum lighting contact my office and I will help you select the product that is best for your needs.

What's the Truth about Cholesterol?

This summer the National Cholesterol Education Program (NCEP) issued new guidelines for cholesterol levels that call for a target LDL (the “bad cholesterol”) of 70 for those who are considered at very high risk of a heart attack. This level would be virtually impossible to reach without using Statin drugs, which the NCEP recommends as the primary way to reach this target goal.

The common belief most Americans have is that the lower one's cholesterol the less the risk of heart disease and the better one's health will be. As is often the case the truth is more complicated and much information about the dangers of low cholesterol is

selectively omitted by doctors, drug companies and supposedly objective "educational" organizations and boards which promulgate health guidelines for the general public.

It is important to note that eight out of nine expert panelists of the NCEP had financial ties to the drug companies whose drugs (Statins) are being recommended to the public. These ties include consulting work, honoraria for speaking engagements, and other perks from the drug companies. Conflicts of interest are common in expert panels or regulatory agencies that are supposed to protect the public interest and bring into question the objectivity of the proposed guidelines.

Let's review what we do know about cholesterol:

1. Your body produces three to four times more cholesterol than you

eat. As one decreases the amount of foods you eat with cholesterol your body tries to manufacture more on its own, as you eat foods with more cholesterol your body manufactures less cholesterol.

2. Cholesterol is not a deadly poison, it is a sterol (fatty acid chain) that is vital to the body for several important functions including:

- As the raw material for DHEA and Pregnenolone which are the foundational building blocks for all hormones. The body uses DHEA and Pregnenolone to build hormones like testosterone, estrogen and progesterone.
 - As the lipid (fat) membrane for all cells including: blood, tissue, muscle, artery, etc.
 - To bind with toxins in the blood and remove through the venous and lymphatic systems into the bowels.
 - Cholesterol is also the building block of pre-vitamin A, which is converted by sunlight into Vitamin D.
3. What people refer to as good and bad cholesterol are not really cholesterol at all. They are actually carrier proteins (hence the terms HDL and LDL – **lipoproteins**) that act like "baskets" to transport cholesterol between the blood and the liver. The "bad" form is low-density lipoprotein, which carries cholesterol from the liver, **where it is made**, to the blood. It is considered "bad" because too much cholesterol in the blood slowly clogs the arteries. On the other hand, what is termed "good" cholesterol is a high-density lipoprotein that transports cholesterol from the blood back to the liver.

Any cholesterol can get oxidized or damaged which then can render it toxic in the body. The factors that lead to this include: environmental and dietary toxins, stress and insufficient levels of anti-oxidants in the blood.

4. Cardiovascular disease is the number one cause of death in America accounting for 44% of all deaths. Although most Americans believe that high cholesterol levels are the primary marker indicating Cardiovascular risk the following evidence contradicts this assumption:
 - Researchers overwhelmingly conclude that **homocysteine levels are up to 40 times more predictive than cholesterol in assessing cardiovascular disease risk.** (more on homocysteine in my next newsletter).
 - According to the Journal of The American Medical Association, in a published study entitled: “Cholesterol and Mortality. 30 Years follow-up from the Framingham study”; **after the age of 50 there is no increased overall death associated with high cholesterol! In fact medical researchers reported that CVD death rates INCREASED by 14% for every 1 mg/dl drop in total cholesterol levels per year.**
 - The European Heart Journal published recently published a study of a 3-year study involving 11,500 patients. The findings included that **those with low cholesterol (below 160mg/dl) had a relative risk of death that was 2.27 times higher than those with high cholesterol.** The most common cause of death in the low cholesterol group was cancer – which makes sense if one remembers that one of cholesterol’s purposes is to detoxify the body and most cancers are related to toxicity levels. **The risk of CVD deaths was the same for both groups.**
 - Researchers at the University of San Diego School of Medicine (UCSD) point out that in those over the age of 75 high cholesterol is protective, rather than harmful and that low cholesterol is a risk factor for heart arrhythmias.

- The same UCSD researchers found that there were no studies that show cholesterol lowering drugs lower overall mortality in women.
- The Journal of Cardiac Failure published findings of a report titled: “Low Serum Total Cholesterol is Associated with Marked Increase in Mortality in

-10-

Advanced Heart Failure”. In this analysis of 1,134 patients with heart disease they **found low cholesterol levels were associated with worse outcomes in heart failure patients an impaired survival while high cholesterol improved survival rates.** In addition the findings showed that elevated cholesterol levels among patients was not associated with hypertension, diabetes or coronary heart disease.

- Despite Statin drugs success in lowering cholesterol levels the death rate from heart disease has not changed over the last 75 years, in fact heart failure is more than double what it was in 1996. **2,700 people die every day from heart disease.**

Why Do people believe that cholesterol lowering drugs reduce their chances of heart disease?

The drug companies work tirelessly to promulgate the cholesterol lowering myth by conveniently citing supportive studies while burying unsupportive ones. The British Medical Journal gave a review of 22 published controlled cholesterol-lowering trials. It found that studies which showed to be supportive of low cholesterol were cited 6 times more often than those that were unsupportive and that **unsupportive trials had not been reported since 1970.** Further the report found that studies that were supportive of low-cholesterol were due to bias on the part of researchers. It is always important to note who is funding the studies on any drug or treatment – if the drug company itself is funding the study or in any way influencing the researchers the study can be biased.

The Dangers of Low Cholesterol

I myself had very low cholesterol levels most of my life always below 160 and several years ago started to develop symptoms of hormonal depletion including adrenal fatigue, insomnia and lack of energy. Once I started eating a diet that included ample supplies of good quality fats from raw butter and cream, eggs, raw milk and more meat my hormone levels normalized and my symptoms improved. I have many stories of clients who experienced similar benefits by adding in good quality fatty foods which the body could

then convert into much needed cholesterol and its byproducts of hormones, cells and detoxification carriers.

The following health problems are some of the problems that one can experience from having too low levels of cholesterol:

- ❖ **Anxiety and Depression.** Duke University Psychologist Dr. Edward Suarez found that women whose cholesterol levels were below 160 mg/dl were more likely to score high on measures of depression and anxiety than women within the ranges of 180-200. Results were published in the Journal of Psychosomatic Medicine.
- ❖ As cited previously the European Heart Journal published results confirming that **people with low (below 160) cholesterol had a relative death risk 2.27 times more than their counterparts who had high cholesterol, with Cancer being the most common cause of death.**
- ❖ Lower cholesterol in the elderly increase their risk of death according to Dr. Malcolm Kendrick, M.D. who was quoted in the Lancet Medical Journal as saying, “Our data accord with previous findings of **increased mortality in elderly people with low serum cholesterol and show that long term persistence of low cholesterol concentration actually increases the risk of death**”.
- ❖ **Hormonal dysfunction in both men and women.** I have see many of my clients resolve their hormonal problem whether it be PMS or Menopause symptoms for Women to energy, blood sugar or testosterone issues for men.

For more information on the benefits of higher cholesterol levels go to www.westonaprice.org/moderndiseases/benefits_cholest.html

I always tell my clients to listen to their own hearts more than me or anyone else. I felt compelled to share this information on cholesterol because I see how the misinformation from the medical establishment and drug companies has led to numerous unnecessary health problems. Each person must make up their own minds on whom they trust in health matters. I suggest to look at the results people have with their clients and themselves - that speaks louder than any theories or studies.

Upcoming workshops and special events for Create Vibrant Health

Free Lectures

I will be talking about the Four Underlying Causes of Disease and What to do about them on two different dates and locations.

1. Saturday October, 30th from 9:30 am – 11:00 am at the Oak Park YMCA located at 255 S. Marion St. in Oak Park, Illinois. RSVP at 708.383.5200.
2. Wednesday November 10th from 7:00 pm – 8:30 pm at Eastlake Chiropractic and Healthcare Center located at 137 N. Oak Park Ave. Suite 111 in Oak Park, Illinois. RSVP at 708.383.3900.

When you are ready to take charge of your own health **You Must look at underlying causation to have the health you want.** This Free class is a great introduction to understanding **how to care for your own health.**

Special live cell analysis sessions:

- On Friday November 12th I'll be doing Live Blood Cell sessions at Healing Earth Resource Center in Chicago, Illinois located at 3111 N. Ashland Ave.
- On Monday December 6th, Tuesday December 7th and Tuesday January 18th I'll be doing Live Blood cell sessions at Earthly Goods Health Food Store in Gurnee, Illinois.
- On Friday, November 19th at Eastlake Chiropractic and Healthcare Center located at 137 N. Oak Park Ave. Suite #111. Appointments can be made by calling 708.383.3900.

Appointments can be made for either of the first two dates by calling my office at 708 848-0254.

For both of these special live cell days first time appointments are \$135 and retests are \$100.

Workshops

I. Legal Guidelines for the Unlicensed Natural Health Care Practitioner

An informed citizen need not be afraid to practice the healing arts in an honest and open way.

If you're a holistic health care practitioner you don't want to miss this **practical and inspiring information** on how to practice as an unlicensed practitioner in the natural health care field.

Topics to be covered include:

- Advantages/Disadvantages of Practice Options for the unlicensed practitioner
- How to Avoid legal trouble by learning how to communicate and conduct your practice in a way that avoids restricted legal terms and behavior
- Sample Consent, Disclosure, Disclaimer, and Privacy forms that increase your legal protection
- Advantages/Disadvantages of Professional Licensing
- Your Legal Rights as a Citizen and how they apply to your practice

-13-

- What to do if Legal Disputes arise
- Fundamental Principles of the American Legal System
- Valuable practical resources for establishing a legally sound and viable natural health care practice.
- Court cases which support the principle of Freedom to receive and offer health care treatment of your choosing.

I have one more date this year for this dynamic half-day workshop:

Saturday December 11th from 10 am – 1:30 pm at the Westgate Business Center located at 1111 Westgate conference room in Oak Park, Illinois.

To register and receive the early-bird discount rate of \$75.00* call Jim Jordan at (708) 848-0254 before 5 pm Wednesday December 8th. The fee for the workshop after December 8th is \$100.00 per person.

II. The Secret to Great Health: Detoxification, Internal Cleansing and Rejuvenation with Nutrition

In this two and a half hour class you'll learn:

- How to support your body's own natural detoxification functions with customized dietary and nutritional programs
- How to prevent, and in many cases reverse, chronic illness
- How to reach your ideal body weight
- The crucial ten steps to detoxify the body and how to integrate these steps into your life
- Sources of hidden toxins we are exposed to every day that damage our neurological, endocrine and immune systems.

After learning and implementing this comprehensive internal cleansing and rejuvenation program you will:

- Know how to prevent a variety of illnesses, both acute and chronic
- Gain improved physical appearance

- Boost your emotional well-being
- Sharpen your mental capabilities
- Have improved digestion and elimination
- Reach your ideal weight
- Minimize the effects of aging

I'll be offering this workshops at two different locations and three dates in the coming months:

1. At the Westgate Business Center conference room located at 1111 Westgate in Oak Park, Illinois on **Saturday, December 4th** from 1 pm – 4 pm and on **Saturday, January 8th** from 1 pm – 4 pm.
2. At Earthly Goods Health Food Store located at 6951 W. Grand Ave. in Gurnee, Illinois on **Monday, January 17th** from 7 pm –9:30 pm.

The fee is \$90 at the door or \$70 early-bird pre-registration by calling me at 708.848.0254 before 12/1 for the 12/4 class, 1/5 for the 1/8 class and 1/12 for the 1/18 class.

That's it for now. I hope this information was helpful and informative. Please feel free to email or call me with feedback and/or comments on this newsletter. Also, feel free to share this with friends and family who are interested in learning more about health and wellness.

Best of health and happiness to you,

James Jordan, J.D., C.N.C.