

CANCER PREVENTION



Few diagnoses are more terrifying than “cancer.” Scientists have come a long way in their understanding of why cancer takes root in some patients and not others. Basically, cancer is like many other illnesses that, in my opinion, result from one or more of the following: bad genes, bad food, and bad attitudes.

Cancer is ultimately triggered by a “bad” gene, a gene that allows a normal cell to grow and divide until it takes over the body’s vital organs causing death. These “bad” genes can be triggered by chance, or by toxins in our food, water and air. Each of us will

make many “bad” cells that could potentially turn into a cancerous tumor. It is our immune system that is charged with seeking out and destroying these abnormal cells before they can develop into a cancer. “Bad” attitudes (ie...stress) can weaken the immune system, allowing cancerous cells to evade destruction and become dangerous tumors.

Patients with cancer, high levels of stress, and those who have a strong family history of cancer can use nutritional supplements to boost the “seek and destroy” ability of their immune systems. Clinical studies have repeatedly demonstrated the value and power of the supplements available in our Natural Pharmacy for patients who have had, currently have, or are trying to prevent cancer.

For your best chance to beat and avoid cancer, use nutritional supplements, eat/breathe/drink as cleanly as you can, and reduce the impact of stress on your emotional health using a healing discipline that rings true to you.

Destroy Cancer Cells CORIOLUS-PS

by Health Concerns

- *Used in Japanese hospital cancer wards*



As any Oncologist treating cancer patients will tell you, chemotherapy and radiation do not kill every last cancer cells. After treatment, there may be trillions of cancer cells left alive, ready to attack a body weakened from cancer treatment. It is the patient’s own immune system that must awaken, mobilize, hunt and kill all of the remaining cancer cells.

Certain mushroom extracts are known to help boost the immune system to a level necessary to destroy cancer cells. Coriolus is such a medicinal mushroom that has been used for several decades in the cancer wards of mainstream Japanese hospitals to assist in the treatment of cancers of the breast, esophagus, lung, stomach, liver, colon, head and neck. Scientific studies prove that cancer patients receiving conventional treatment do better when they simultaneously use Coriolus extracts.

To date, there have been no reports of increased side effects in the patients using specific Coriolus extracts.

PRODUCT #	SIZE
131	90 tab

Destroy Cancer Cells THEA-STAT

by Douglas Labs

- *For cancer, heart disease, stroke*
- *Patented green tea extract*



Everyone knows that green tea is good for you. However, not everyone has the time to drink the six to eight cups a day that are necessary to get all of the anti-cancer, immune-boosting, weight loss, and cardiovascular benefits that green tea is known for.

Thea-Stat is a patented extract of green tea theaflavins and catechins which are the two most potent, health-promoting benefits of green tea.

This is an important, breakthrough supplement for patients concerned about cancer, heart disease and stroke prevention because Thea-Stat contains a powerful concentration of the most powerful antioxidants found in green tea.

PRODUCT #	SIZE
198	30 gel

16 Most Powerful Mushrooms

HOST DEFENSE

by NewMark

- **Boost immune system by 400%**
- **Organic and wild**
- **Recommended for patient with increase risk of cancer**



As a physician practicing Integrative Medicine, I continue to be impressed by the healing powers of medicinal mushrooms. Scientists continue to add to the list of mushrooms that have proven health benefits which include boosting the immune system, reducing inflammation, promoting healthy cellular activity, supporting a healthy cardiovascular system, and promoting longevity.

With all of the good health news on so many different mushrooms, it is hard to pick just one or two specific mushroom extracts for your daily regimen.

NewMark has solved this problem by creating Host Defense, a blend of 16 of the most powerful, best studied medicinal mushrooms. These mushrooms are wild-crafted and organic and then processed at the peak of their medicinal value for maximum health benefit.

NewMark has gone one step further and scientifically tested Host Defense which demonstrated the ability to boost key aspects of immune strength by 400%.

Host Defense should be used by patients who have or who are at increased risk for cancer and by those who need to boost their immune systems.

PRODUCT #	SIZE
240	60 cap



Strongest Medicinal Mushroom

CHAGA

by JHS

- **Targets cancer cells**
- **Also treats high blood pressure, diabetes, influenza, stomach ulcers and arthritis**
- **Grows only in wild**
- **Treats cancer of breast, uterine, liver and stomach**
- **Documented healing**



In the United States, we have always appreciated mushrooms for their gastronomic delights, but we are only just beginning to explore the tremendous value of mushrooms for their medical benefits.

For more than 3,000 years, Asian cultures have been using medicinal mushrooms to heal conditions ranging from fatigue to cancer. As an herbal therapy, Chaga stands out as one of the most potent mushrooms.

Chaga is a mushroom that grows only on the Birch tree and is only wild-crafted, never farmed. There is an extensive, international body of research that has documented the healing properties of Chaga. This includes specific studies of Chaga as adjunctive treatment for a variety of cancers, including breast, uterine, liver, and stomach. Chaga has long been used in folk medicine as a treatment for high blood pressure, diabetes, influenza, stomach ulcers, and arthritis.

As with other medicinal mushrooms like Shitake, Maitake, and Reishi, Chaga also contains a panoply of nutrients to stimulate the immune system which is important for the body to fight conditions ranging from the common cold to cancer. Chaga, however, also contains specific nutrients that directly target and kill cancer cells. As such, Chaga is considered by many herbalists to be the strongest of all medicinal mushrooms.

PRODUCT #	SIZE
239	150 cap

Helps Body Kill Cancer Cells

IMMUNOSTAT

by My Best Health

- Boost immune system
- Nanotechnology for Maximal absorption
- Strengthens immune cell
- Increase immune cells



ImmunoStat contains high potency beta glucan, a complex carbohydrate that studies have shown can powerfully stimulate the immune system. By working with your immune system, ImmunoStat can help your body kill cancer cells, bacteria, viruses, and fungi.

Clinical research has shown that the ingredients in ImmunoStat significantly help patients fight disease ranging from infections (the common cold, flu, and post-operative infections) to cancer. Immunostat boosts immune system functioning by making each immune cell more powerful and by increasing the total number of immune cells your body can make; the more immune cell soldiers in the fight, the better your chances for beating infections and cancer.

Most marketplace beta glucan supplements are completely ineffective because they cannot be absorbed into the body. Immunostat uses nanotechnology for maximal absorption and effectiveness.

Usual dosage: For prevention, take one capsule daily on an empty stomach. For treatment, take two to three capsules daily.

PRODUCT #	SIZE
253	60 cap
280	20 cap

Natural Cancer Fighting Chemical

SPROUT SHIELD

by My Best Health

- Most abundant source of cancer fighting chemical
- Superior anti-oxidant protection
- Like eating fistful of broccoli sprouts
- Fights macular degeneration



Everyone knows that eating cruciferous vegetables like broccoli are good for you. These vegetables pack natural chemicals that help us fight cancer, heart disease, arthritis, eye disease (like macular degeneration), high blood pressure, even *Helicobacter pylori* (the bacteria that causes stomach ulcers and stomach cancer).

Researchers at Johns Hopkins University School of Medicine discovered that the most power-packed cruciferous vegetable was the broccoli sprout, the tender 3 day old shoot that will eventually become a mature broccoli plant. These shoots are the most abundant source known of isothiocyanates, a natural chemical that over 200 clinical studies have shown to help the body fight cancer, detoxify, provide superior anti-oxidant protection, block arthritis inflammation, support eye and cardiovascular health, and neutralize *Helicobacter pylori*.

One capsule of Sprout Shield contains all the important health-promoting nutrients of a fistful of broccoli sprouts.

PRODUCT #	SIZE
258	120 cap
279	30 cap

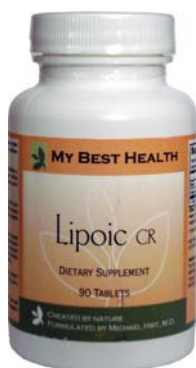


Reduces Radiation-induced Damage

LIPOIC CR

by My Best Health

- Supports patients experiencing nerve damage from chemo
- Last 3x longer than other brands
- Provides all-day protection
- Helps neuropathy
- Helps blood sugar



Having been identified more than 50 years ago, alpha lipoic acid has long been appreciated for its potent anti-oxidant protection of the brain, nerves, heart, and arteries. This type of protection means a slowing of the aging process.

For patients with diabetes, alpha lipoic acid can help to reduce blood sugar levels and protect the body from the damaging “oxidizing” effects of

high blood sugar, such as hardening of the arteries and nerve damage (also known as neuropathy). Alpha lipoic acid also supports patients with other causes of neuropathy including chemotherapy, toxin-induced, and age-related.

Further boosting its anti-oxidant powers, alpha lipoic acid also helps the body recycle vitamins C and E.

Alpha lipoic acid is so powerful an anti-oxidant that it was used to treat victims of the Chernobyl nuclear accident and was shown to normalize affected internal organs and substantially reduce radiation-induced oxidative damage.

Now, you probably are not dealing with a disaster of this magnitude, but it is nice to know that the supplement you are taking is protecting you as if you were.

Lipoic CR has been proven to last three times longer in the blood than other brands, and therefore can provide all-day protection from the oxidative forces of aging and disease.

Usual Dosage: Take two tablets before breakfast and one before dinner for all day protection.

PRODUCT #	SIZE
255	60 tablets

SURE SORB Q10

by My Best Health

- Lengthens survival of breast cancer patients



Coenzyme Q10 (CoQ10) is a powerful anti-oxidant that helps to block oxidative damage to the blood vessels, heart, kidneys, and brain. Blood levels of CoQ10 build to their highest levels in the first 20 years of life and then start to decline so that by the time a person turns 80 their CoQ10 levels are less than they were at birth.

CoQ10 is found naturally in foods in very small amounts and is also made by the liver

along the same production lines as liver-manufactured cholesterol. Statin medications (such as Lipitor, Crestor, Pravachol, Zocor, Lescol) block cholesterol production in the liver and also inadvertently block the liver’s production of the very important CoQ10. Patients taking cholesterol reducing medications and herbs need to supplement with CoQ10 so that their bodies can be protect by the anti-oxidant benefits of CoQ10.

CoQ10 is so powerful an anti-oxidant that it has been shown to reduce blood pressure in patients with hypertension, reduce blood sugar in diabetics, protect the heart and kidneys from patients with cancer receiving certain types of chemotherapy, reduce headaches frequency by 30% in patients with migraines, strengthen the heart in patients with congestive heart failure, help treat patients with Parkinson’s disease, boosts energy in patients with fatigue, and can lengthen the survival of patients with breast cancer.

CoQ10 has been so well studied for its therapeutic health benefits that it is available only as a prescription in some countries such as Japan where it is the sixth best selling drug in Japan.

CoQ10 is a powerful and beneficial supplement but most products are made with inferior, synthetic powders and gels that are not well absorbed. In clinical trials, Sure Sorb Q10 proprietary, patented, and all-natural Coenzyme Q10 was absorbed nearly 800% better than synthetic, powdered CoQ10. Sure Sorb Q10 represents the best of pharmaceutical grade effectiveness that is unmatched by any competitor product on the market today.

PRODUCT #	SIZE
267	30 cap
286	120 cap

Specially Aged Garlic Extract

A.G.E.

by Wakunaga

- Supports healthy blood vessels
- Reduces plaque build-up
- Supports healthy blood pressure
- Supports healthy cholesterol
- Natural antibiotic
- Immune booster
- Anti-cancer effects
- Odorless



Garlic may be one of the oldest medicines still used today. Long treasured for both its culinary and medicinal qualities, garlic continues to have significant health benefits today.

Scientific studies have demonstrated that garlic has beneficial effects on the heart and blood vessels by lowering cholesterol, blood pressure, and reducing plaque build-up in the arteries. Other

research has shown garlic to help patients with certain types of cancer including prostate cancer, colon cancer, leukemia, breast cancer, and stomach cancer.

Garlic also has strong antibiotic properties which have earned it the nickname of "Russian penicillin." Garlic extracts are known to kill a variety of viruses, bacteria, fungi, yeast and parasites. When sufficiently concentrated, garlic extracts rival the effectiveness on the strongest prescription antibiotics.

PRODUCT #	SIZE
144	100 cap

NAME	PRODUCT #	SIZE
AM Vitamin	100	60 cap
PM Vitamin	102	60 cap
Bone	104	120 tab
Cardiovite	106	60 tab
Complete Set	108	

My Best Health

A Premium Vitamin Mineral System

A Foundation of Health

Eating a "balanced" diet is not sufficient to ensure that you and your family are getting the correct amount of all of the essential vitamins and minerals your body needs everyday for proper nutrition. "Balanced" diets are routinely deficient in specific nutrients that are important for your optimal health.

A good multi-vitamin is essential to good health. Studies continue to show that people who take a daily multi-vitamin generally live longer, healthier lives and have lower risks of heart disease, stroke, and macular degeneration.

The multi-vitamin you chose should form the foundation of your daily supplement regimen. Additional supplements can target specific weaknesses or prevention strategies, but your overall program must rest on a solid multi-vitamin system.

Night and Day

When I was looking for a comprehensive, high-quality multi-vitamin, I could not find one. So, I created the My Best Health Multi-Vitamin System, and this is the multi-vitamin system my family and I rely on everyday. I personally oversee the manufacturing of these vitamins and reformulate the vitamins as new research sheds light on vitamin therapy.

The difference really is "night and day" because the My Best Health Multi-Vitamin System is designed to be taken in the morning and the evening. This allows the right nutrients to be delivered at the right times and removes the vitamin-vitamin interactions that plague the "once-a-day" vitamins.

Vitamin Interactions

There are some vitamins that are best taken in the morning and others that are best taken in the evening. And just like medication reactions, there are vitamin-vitamin interactions.

A "once-a-day" vitamin is incapable of delivering vitamins to the body when they are best absorbed and is loaded with vitamin-vitamin interactions. For example, America's most popular vitamin, Vitamin C, and America's most popular mineral, calcium, interact with each other and should not be taken in large doses together because they cancel each other out.

Some vitamins should be taken in the morning (like B-vitamins) and some (like bone-building calcium) should be taken at night.

For the complete program, ask our staff for the "My Best Health: A Premium Vitamin Mineral System" brochure.

3 Times More Potent than Synthetic

NATURALLY D

by My Best Health

- Water suspended for superior absorption
- Improves bone health
- Treats muscle aches and arthritis pain
- Lowers risk of heart disease



Naturally D is three times more potent than synthetic vitamin D. Our liquid "Naturally D" supplement contains natural vitamin D suspended in drops of water for superior absorption.

Everyday scientists are learning more about the benefits of supplementing with natural vitamin D including improvements in bone health, treating muscle aches and arthritis pain, and lowering the risk of heart disease and certain cancers.

Usual Dosage: One to five drops daily as directed by Dr. Hirt.

PRODUCT #	SIZE
271	2.33 fl oz

Most Active Form of Vitamin D

D³

by Superior Source

- Prevents and treats osteoporosis
- Reduces pain in fibromyalgia
- Improves muscle strength in older patients
- Reduces auto-immune diseases
- Helps lower blood pressure
- Immune booster
- Important for calcium balance
- May reduce risk of certain cancers: colon, breast, prostate



Vitamin D is an essential nutrient that is made in the body when the skin is exposed to sunlight. The sunlight needs to be at its most intense (between 11AM and 3PM) and hit the skin directly without clothing or sunscreen blocking sunlight. Vitamin D is found only in a few foods such as mackerel, tuna, herring and sardines.

Most of us are inside buildings or cars during peak sun hours or wear clothing and sunscreen

that blocks the skin from being able to make vitamin D. Studies show that more than 50% of adult Americans are deficient in vitamin D (even in sunny Florida), and this number is even higher in Northern states where the sunlight is less intense, particularly in the fall and winter months.

Vitamin D is an easy-to-take, highly absorbable form of natural vitamin D that can safely and effectively maintain healthy vitamin D levels.

PRODUCT #	SIZE
278	100 tab



Helps Liver Metabolize Toxins

LIVER CHAMP

by My Best Health

- *Natural supplement to support liver function*
- *Replenishes vitamins lost when taking birth control pills*
- *Lowers homocysteine levels*



Between what we inhale, swallow, and absorb through our skin, our livers are working overtime helping to clean our “dirty” blood. Liver detoxification uses a tremendous amount of vitamins and nutrients.

Over time, these nutrients are depleted, and this weakens the liver’s ability to clean and protect us. When well stocked with the nutrients in Liver Champ, the liver can

perform its essential features, including reducing the chances of disease such as cancer.

Homocysteine is a molecule found in the blood that, when elevated, increases the risk for Age-Related Macular Degeneration (the leading cause of blindness in adults), osteoporosis, premature heart attacks and strokes. Taking Liver Champ regularly can help to reduce homocysteine to normal levels.

HOW IT HELPS:

Liver Champ provides the key nutrients necessary for one of the essential liver detox functions, methylation. Without the ability to methylate, the liver cannot neutralize dangerous environmental toxins, disease-causing hormone metabolites, and routine waste from our cells.

If you are taking birth control pills or hormone replacement therapy, Liver Champ can help assure that your liver is well stocked with the tools necessary to keep you healthy and protected.

Patients with elevated blood levels of homocysteine can also use Liver Champ to manage this important risk factor. With the ingredients in Liver Champ, the liver can neutralize the homocysteine risk. If you regularly take Liver Champ, expect to see the improvement on your next blood test.

PRODUCT #	SIZE
329	60 cap

High Potency

EASY “C” POWDER

by My Best Health

- *Mega doses Vitamin C*
- *Maximum vitamin C therapy*
- *Buffered for sensitive stomachs*
- *No pills*



Vitamin C continues to be one of my favorite remedies. It is a time-tested, proven therapy for the treatment of a broad range of conditions including infections, cancer, osteoporosis, tooth and gum diseases, easy bruising, diabetes, heart disease, high blood pressure, asthma, allergies, and gout.

The question in my mind is never whether vitamin C works. The question is

whether a patient has taken enough vitamin C.

Anthropologists studying human ancestry and diet have determined that the correct daily human dose for vitamin C is approximately 4,000mg, or about one teaspoon of Easy “C” powder. The RDA for vitamin C is 60mg which is barely enough to prevent scurvy, but far less than needed for optimal health.

When you are ill especially with an infection or stress (ie... surgery), your vitamin C requirements can more than triple from 12,000 to 20,000mg daily depending on the degree of stress.

Easy “C” powder should be used by all IV vitamin C patients to maximize the benefits of IV vitamin C and help keep blood levels as high as possible.

Easy “C” tastes best when blended into a flavored beverage.

PRODUCT #	SIZE
283	8 oz



Restorative for Nerves and Brain

LIVER CLEANSE

by My Best Health

- **Daily liver detoxification**
- **Promotes healthy gallbladder**
- **Fights fatigue**
- **Maintain good health**
- **Helps battling cancer**
- **Aids healing**
- **Slows aging process**



In the concrete jungle of the modern city, we are constantly being exposed to hundreds of unwanted, dangerous chemicals that cause diseases ranging from heart attacks to cancer. While we may be living in the 21st century, our bodies are basically working off of a 50,000 year old design that was created long before there was chemical pollution.

Mother Nature was quite smart in our basic design and did include some internal “filters” to help clean our bodies of outside pollutants. Internal organs like the liver, kidneys, and spleen are your body’s filters, and they work much like a water filter attached to a faucet.

Your liver, for example, works much the same way as a water filter. All of the blood in your body passes through your liver which filters out chemicals, drugs, and other pollutants. “Dirty” blood enters the liver and then gets filtered “clean” before it re-enters the blood stream. This process clogs your liver with “waste” just like a water filter.

But you cannot “change out” your liver like you change out a water filter. So, our only viable option is to regularly cleanse our liver, kidneys and other filter organs.

If you do not routinely clean out your internal filters, then “dirty” blood continues to circulate in your body and the disease-causing chemical deposits in your body build up, leading you to certain misery and/or premature death.

My sixteen years in medicine have convinced me beyond doubt that this phenomenon is real.

Many people are familiar with the concept of detoxification, cleaning the body of unwanted toxins. Every so often, they take a few days or weeks and cleanse their bodies. This practice is helpful but

insufficient.

Since the body is exposed to toxins every day, wouldn’t it be wise to do a little detox every day to keep the liver healthy? Daily liver detox is the purpose of Liver Cleanse. Liver Cleanse is simple, gentle, and effective.

HOW IT HEALS:

Liver Cleanse is a unique blend of oils from olives, soybeans, flax seeds, grape seed, gravel root, marshmallow root, mullein, skullcap, black walnut bark, comfrey, olive leaf, and wild oregano.

When you swallow fats and oils, your stomach sends chemical signals to your liver so that the liver and gallbladder can prepare to release bile. Bile is necessary to help the body digest fats. The liver can also secrete toxins into the bile so that these toxins are carried out of the liver and into the gut from which they can be expelled out of the body via your bowel waste.

By using Liver Cleanse every night (preferably on an empty stomach), the liver and gallbladder are triggered to dump toxin-loaded bile into your gut so that it can be excreted in your bowel movements.

Liver Cleanse also performs another critical benefit to good health maintenance. The soybean oil in Liver Cleanse is a rich source of plant lecithin that the liver can convert into human lecithin. Lecithin is a key component of healthy brain tissue, artery lining, and nerve lining.

For patients who already have diseases involving these organs, Liver Cleanse can support healing and recovery by supplying a medicinal dose of an important tissue building block, lecithin.

By improving brain structure and function, lecithin also helps to support patients with anxiety, depression, memory loss, and degenerative brain conditions such as Multiple Sclerosis, Parkinson’s, TIAs (mini-strokes), and memory loss.

Liver Balance is a companion formula to Liver Cleanse. Liver Balance helps to support and rebuild the cells of the liver and gallbladder. Liver Cleanse helps the liver and gallbladder to discharge its toxic burden nightly while you sleep.

Liver Balance and Liver Cleanse work together to keep this vital organ clean and functional.

PRODUCT #	SIZE
295	16 oz

Powerfully Nutritious Fruit

POMEXELLENT

by Health Concerns

- Active for high blood pressure and blood sugar
- Addresses high cholesterol
- Good for patients with prostate enlargement or infection
- Supports normal heart function
- Important for patients with prostate, breast, colon, and skin cancers
- Directs healthy levels of leptin, a fat building hormone
- Targets arteriosclerosis

Pomegranate is a powerfully nutritious fruit for patients with concerns about heart disease, arteriosclerosis, high blood pressure, and cancer. This potency comes from pomegranate's superior antioxidants which are more concentrated and potent than those found in red wine, blueberries, green tea, and oranges.

PomExcellent is an all-natural concentrated, full spectrum pomegranate extract that provides all of the

benefits of the pomegranate with none of the fruit sugars and calories.

Clinical studies have demonstrated pomegranate extract to lower leptin (a fat building hormone) levels, reverse heart disease, improve heart function and circulation, lower blood pressure, normalize high blood sugar, and slow down cancer growth, particularly prostate, breast, colon, and skin cancer.

Usual dosage: Take two (2) capsules two to three times daily with meals.



PRODUCT #	SIZE
282	60 tab

World's Most Powerful Antioxidant

SPRING CHICKEN

by My Best Health

- Targets cancer cells
- Boosts mitochondria (the cellular energy generator)
- Supports anti-aging
- Good for patients who are tired
- Important for heart and artery health

Resveratrol is a natural compound of the stilbene family that is found mainly in grapes, berries, plums, peanuts, and pine bark. Resveratrol is a potent supplement for human health because its effects can prevent cancer, reduce the harmful effects of inflammation, and is directly anti-aging.

Resveratrol blocks cancer formation at three critical steps (initiation, promotion, and progression). It has also been shown to kill certain types of cancer cells, such as breast cancer.

For anti-aging, resveratrol activates sirtuins, a recently discovered family of longevity enzymes that keeps cells long-lived and maintains youthful vitality. Resveratrol also blocks the plaque-building effects of cholesterol in arteries, boosts Nitric Oxide (a nutrient critical for healthy arteries and blood flow), and reduces the inflammation that causes aging, degenerative changes, arthritis, tendinitis, dermatitis,

as well as brain and nerve diseases (such as memory loss, Parkinson's, neuropathy).

In recent studies, mice given methyl-resveratrol lived three times longer than mice who did not receive it. **This is the most impressive longevity boosting effect in recorded scientific research.**

Most over-the-counter resveratrol supplements contain trans-resveratrol which is quickly removed from the blood stream and therefore not capable of acting as an anti-aging powerhouse.

Spring Chicken contains methyl-resveratrol (the identical supplement used in the anti-aging clinical trials; not the trans-resveratrol sold in over-the-counter supplements) which lasts ten times longer in the body, providing all day protection against disease and aging. Usual Dosage: Take two capsules (together) daily before meals on an empty stomach.



PRODUCT #	SIZE
287	60 cap