

Journal of Natural Health



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REMEMBER: Whitewing Labs' Customer Service Department is available to help you Monday thru Friday, from 8:00 am to 4:30 pm Pacific Standard Time (except holidays). **Call 1-800-858-0228** for answers to questions about products or your shipment. We look forward to talking with you!

From *the* President

Dear Health-Conscious Friends,

Allopathic or Holistic?

Over the last few issues of the *Journal of Natural Health*™, our health reporters have uncovered for you many of the risks associated with prescription and over the counter medical drugs. These include gastrointestinal bleeding from painkillers; bacterial imbalances from even a single course of antibiotics; erectile dysfunction from prostate drugs; and even some deaths associated with a drug intended to treat irritable bowel syndrome.

Obviously, there are times when medical drugs are absolutely necessary. But more often than not, for the typical aches and pains and problems of an aging population, holistic healing involving diet, exercise, stress control and intelligent use of nutritional supplements is superior.

This month, we focus on the disappointing results of federally funded hormone replacement therapy studies and offer women important scientifically proven alternatives.

As many readers know, these studies have been stopped early due to high numbers of adverse effects among women using the estrogen-progestin combinations. Fortunately, as you will learn in this issue, many natural alternatives can help women to alleviate problems associated with menopause without the adverse health consequences of hormones.

You will also learn about the importance of herbs and nutrients for prostate health and sexual function; alleviating low back pain; digestive enzymes for clearing up lymph blockages; and how to improve your memory powers, naturally and safely.

Remember, the best health insurance today is a great diet, daily exercise, and use of the right of nutritional supplements.



C. Kolke, President

Two for One Specials

Look for two-for-one specials on products you've wanted to try, or are already on your list of favorites in this month's issue of the *Journal of Natural Health*.

Why You Need Vitamin C Supplements

A recent hospital survey found that 73 percent of persons admitted had hypovitaminosis C, with 30 percent having concentrations suggestive of scurvy, note experts in the May 2002 issue of *Postgraduate Medicine*.

Not surprisingly, most of us will benefit tremendously from vitamin C supplements. Whitewing Labs makes one of the best. The Whitewing Labs vitamin C formula is synergized with flavonoids (also known as vitamin P) for added utilization. Be sure to order today and take one tablet three times a day with meals. Your body just might need it! Turn to page 9 and 10 of this *Journal* to order. Or call toll-free 1-800-950-3030 to place your order now!



Watch Out for Homocysteine

One of the biggest risk factors for heart disease today stems from deficiency of B complex vitamins, especially folic acid, B6 and B12. When these B complex vitamins are low, the body tends to accumulate toxic levels of homocysteine, which leads to damaged arteries, increasing risk for heart attack and stroke. Be sure to take advantage of the Whitewing Labs' **Vitamin B Complex** formula and protect your arteries.



Vitamin E for Eczema

People with eczema can alleviate their condition with supplemental **vitamin E**, according to a new study in the *International Journal of Dermatology* (2002;41:146-150).

"Eczema is a chronic skin condition that causes scaling, reddening, and thickening of areas of skin," notes Darin Ingels, N.D. "It may also appear as tiny blisters (called vesicles) that rupture, weep and crust over. The most troublesome and prevalent symptom of eczema is itching."

Use Whitewing Labs' naturally sourced vitamin E and take 400 IU daily. In addition, you may want to try evening primrose or borage oil, and fish oils are also shown to be beneficial for eczema.



Diet for Chocolate Lovers

If chocolate cravings are foiling your weight loss plans, then you should be using **Choco-Thin AM** and **PM**. This new formula from Whitewing Labs provides all of the satisfying psychological benefits of dark chocolate without the calories. In addition, **Choco-Thin AM** and **PM** provides DHEA for transforming the body's fat mass to muscle and appetite suppressors such as guar gum. It is available from Whitewing Labs.



All Whitewing Labs' products are formulated using natural ingredients, without preservatives, synthetics, artificial colors, lactose, starch or sugar. They are offered as supplements to your dietary requirements and are not intended for the cure, treatment or prevention of disease, nor to replace the services of a doctor. All research referenced herein was performed on separate ingredients and not on a specific formula or product offered by Whitewing Labs. References for all ingredients, products and studies included in the *Journal of Natural Health* are maintained at Whitewing Labs.

just for MEN

nutrition update

Why Prostsaf[®] is the Super Pathway to Prostate Health

Benign prostatic hyperplasia (BPH), nonmalignant enlargement of the prostate, can lead to obstructive and irritative lower urinary tract symptoms. The pharmacological use of plants and herbs (phytotherapy) for the treatment of lower urinary tract symptoms associated with BPH has been growing steadily and with good reason. Herbs and nutrients often work better than drug therapy when it comes to the support of prostate health.

Studies Validate Prostsaf

The extract of the American saw palmetto (*Serenoa repens*) or dwarf palm, is one of the best phytotherapeutic agents available for the treatment of BPH.

A recent medical review examined all available clinical studies utilizing this key ingredient in our **Prostsaf** formula. The researchers look at 21 randomized trials, lasting 4 to 48 weeks, including 3,139 men.

Here are the amazing results:

- ▼ Compared with placebo, saw palmetto improved urinary symptom scores, symptoms, and flow measures.
- ▼ "The evidence suggests that *Serenoa repens* provides mild to moderate improvement in urinary symptoms and flow measures," said researchers. "*Serenoa repens* produced similar improvement in urinary symptoms and flow compared to finasteride and is associated with fewer adverse treatment events."

The Entire Formula

But we've made **Prostsaf** even more powerful with synergistic herbs and nutrients. In Japan, for example, doctors



Prostsaf from Whitewing Labs can help men to avoid medical drug side effects and may reduce the need for surgery.

have perfected the use of a powerful amino acid combination consisting of **alanine, glycine and glutamic acid.**

In one study, nighttime trips to the bathroom were reduced in 95 percent of the 45 men who used these amino acids. Striking improvements in urgency, frequency, and reduced waiting were noted. There were no adverse reactions.

In the **Prostsaf** formula these amino acids have been combined with **zinc, Siberian ginseng, vitamin B6,** and other scientifically validated and clinically proven prostate healthy nutrients.

Supplemental zinc has been reported to help reduce the size of the prostate and relieve symptoms of enlargement. Again, zinc appears to get at the root of the problem by favorably altering the body's hormonal balance. Experts recommend that men using zinc balance its intake with a small amount of **copper,** also found in the **Prostsaf** formula. Vitamin B6 aids the body in utilizing zinc.

Experimental studies tell us that Siberian ginseng has many positive benefits on the prostate gland and male sexuality. It helps counters excessive prostate growth. It also appears to enhance circulating levels of libido-boosting free testosterone. And, men's reproductive health appears to be increased as shown in experimental studies where the testicles of male animals produce more tightly packed (dense) nucleic acids. Such densely packed nucleic acids generally indicate healthy, optimal reproductive status.

Bee pollen is an essential member of this blend because it has been shown to be a protector of urinary tract health.



The Better Choice

Unless your condition is life threatening, before resorting to medical drugs or undergoing surgery for prostate problems, consider this holistic approach. Unlike other more dangerous alternatives such as prescription drugs or surgery, when you use **Prostsaf** you'll save money and may even find some pleasant side effects such as a greater sex drive and increased stamina.

To purchase this formula, use the order form on pages 9-10 of this issue. Or call Whitewing Labs toll free at (800) 950-3030. If you prefer to order via internet, go to our website at www.whitewing.com.

Don't keep **Prostsaf** a secret. Tell your friends and get them started on great prostate health, too!

When to Use Prostsaf

Men over 40 may benefit from **Prostsaf**. Be sure to have an annual prostate specific antigen test (PSA) and a digital rectal exam (DRE) for early detection of possible prostate cancer or enlargement. Also, see your doctor if you experience any of the following symptoms:

- ▼ Frequent and urgent need to urinate
- ▼ Intermittent, weak or difficult-to-start urine stream
- ▼ Pain when urinating or ejaculating
- ▼ Lower back and hip pain
- ▼ Blood in urine or semen

more tips for MEN

sexual health news

Can Sexhilarate® Reverse Erectile Dysfunction in Diabetic Men?

Is the nutritional supplement **Sexhilarate** an antidote to diabetes-related erectile dysfunction? New research shows us that its ingredients may be a key to improved sexual function in men with diabetes.

This is important because diabetes is one of the most common conditions linked with erectile dysfunction. It is estimated that nearly half of men with diabetes have some degree of erectile dysfunction.

Diabetic men experience two important challenges in maintaining healthy erectile function: impaired nitric oxide synthesis and reduced circulation to the genitalia.

Say Yes to NO

In the body, nitric oxide (NO) is the principal regulator of erectile function. NO mediates neurotransmission in penile corpus cavernosum tissues, causing rapid relaxation of the smooth muscle tissue, which in turn leads to erection. NO is manufactured in the body by the enzyme nitric oxide synthase (NOS).

Diabetes & Erectile Dysfunction

It has been well documented that one of the major causative factors contributing to diabetic-associated erectile

dysfunction is the reduction in the amount of NO synthesis in the corpus cavernosum of the penis. This leads to defective endothelium-dependent vasodilation and impaired penile response to sexual stimulation.

In diabetics, there is an unusually competitive interaction between NOS and another enzyme called arginase. Both NOS and arginase share the same terrain in the penile tissue; both metabolize the amino acid arginine. Thus, both compete for the body's stores of arginine.

Unfortunately, recent studies indicate that diabetics appear to produce much more arginase than in normal healthy individuals, say researchers from the Department of Urology, Tulane University School of Medicine, New Orleans, Louisiana.

This reduces the amount of arginine to be utilized by NOS to produce nitric oxide.

How Sexhilarate Helps

However, we now know that **ginseng**, found in the **Sexhilarate** formula, can also aid the body's production of nitric oxide, thus improving erectile function and enabling diabetic men to once again enjoy firm, hard erections.

"In Asia, ginseng is commonly included in herbals used for the treatment of sexual dysfunction," note researchers in the May 2002 *Annals of the New York Academy of Sciences*. "These effects of ginseng may not be due to changes in hormone secretion, but to direct effects of ginseng, or its g i n s e n o s i d e components, on the central nervous system and gonadal tissues. Indeed, there is good evidence that

Sexhilarate from Whitewing Labs can help diabetic men recapture their sexual potency.



ginsenosides can facilitate penile erection by directly inducing the vasodilatation and relaxation of penile corpus cavernosum. Moreover, the effects of ginseng on the corpus cavernosum appear to be mediated by the release and/or modification of release of nitric oxide from endothelial cells and perivascular nerves. . . . Thus, animal studies lend growing support for the use of ginseng in the treatment of sexual dysfunction and provide increasing evidence for a role of nitric oxide in the mechanism of ginsenoside action."

Sexhilarate is not a quick fix like sildenafil (Viagra) or the herb yohimbe. Rather, **Sexhilarate** naturally helps to normalize enzymatic processes within localized tissues to provide greater underlying health. For diabetics, this may mean better sexual responses.

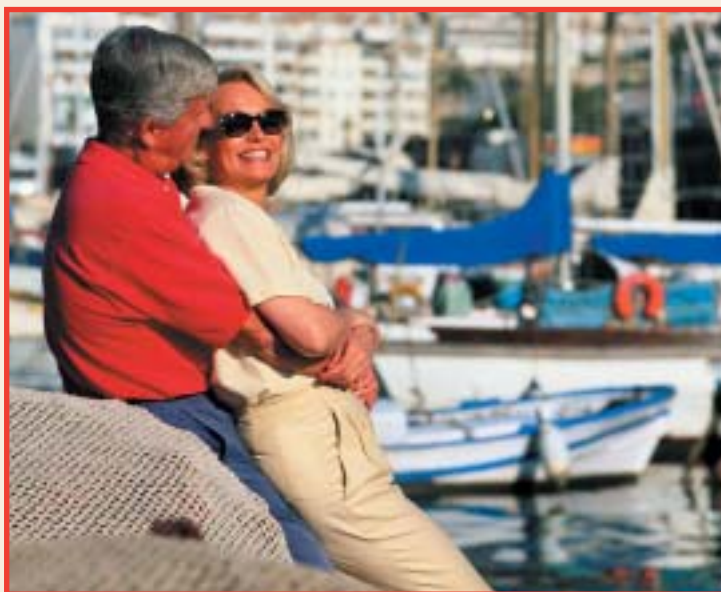
Meanwhile, *Ginkgo biloba*, also contained in **Sexhilarate**, aids circulation among diabetic men. Preliminary trials have suggested potential benefit for men's diabetic-related circulatory problems. The terpene lactones found in ginkgo, known as ginkgolides and bilobalide, are associated with increasing circulation to the brain and other parts of the body, and may exert a protective action on nerve cells. Ginkgo regulates the tone and elasticity of blood vessels, making circulation more efficient.

Saw palmetto inhibits the conversion of testosterone into dihydrotestosterone, a substance that can cause prostate swelling and affect male sexual function.

Our Recommendation

Sexhilarate is great for all men. As they age, many men tend to experience impaired sexual function due to poor circulation. Diabetic men are especially vulnerable to erectile dysfunction problems. Therefore, most men will benefit from this safe herbal-based prosexual formula.

To purchase **Sexhilarate**, use the order form on pages 9-10 of this issue or call Whitewing Labs toll free at (800) 950-3030.



Nature's Aspirin Helps Alleviate Lower Back Pain

So many people with low back pain fall prey to the surgeon's scalpel. It is unfortunate, since surgery rarely solves the problem of low back pain. On the other hand, natural remedies may help to alleviate sciatica and related pain conditions so that surgery or powerful painkillers are unnecessary.

Nature's Aspirin

One key herb in **Arthrive**® that we should examine is **white willow bark**. The history of **white willow** and its active ingredient salicylate spans ages and continents from Hippocrates' use of it as an analgesic for women in labor to its rediscovery by English country scholar and clergyman Edward Stone. In fact, Reverend Stone made the first clinical reports on the treatment of fever and pain with salicylate-containing natural willow bark remedies in 1763, note researchers from the Department of Clinical Pharmacology, Sahlgrenska University Hospital, Göteborg, Sweden.

The pharmacologically active principles in white willow were isolated from natural sources by Italian, German and French scientists between 1826 and 1829. The German Gerland first synthesized salicylic acid in 1852 and a year later the Frenchman Gerhardt synthesized acetylsalicylic acid.

The German physicians Stricher and Reiss made the first reports on the clinical use of salicylic acid in rheumatic disorders independently in 1876. Bayer chemist Felix Hoffmann rediscovered acetylsalicylic acid and reinvented its use as aspirin for his ailing father in 1897. By the turn of the century, the use of salicylate (aspirin) had gained worldwide recognition in the treatment of pain and rheumatological disorders.

Back Pain Relief

We now know that white willow, as contained in **Arthrive**, may be highly effective for lower back pain. In fact, white willow is approved by the German Commission E for rheumatism and pain.

More recently, in a study from the *American Journal of Medicine*, German scientists studied white willow for helping to prevent lower back pain. In this study, 210



persons with chronic lower back pain received either white willow extract or placebo for four weeks. All participants were allowed to also use up to 400 milligrams of the prescription pain reliever tramadol.

The researchers found a clear dose-response relationship. While only six percent of persons taking placebo were found to be pain-free during the final week of treatment, this rate was 21 percent in the low-dose white willow groups and 39 percent in the high-dose group.

Kathi J. Kemper, MD, MPH has found that although natural white willow is far more gentle upon the gastrointestinal lining than pure aspirin, as with aspirin, persons with active gastric or duodenal ulcers should avoid its usage. Its use is contraindicated during pregnancy and by persons using anti-platelet medications or who may have salicylate allergies.

Enhance White Willow Benefits

We also recommend that white willow be used as part of a more comprehensive approach. Other natural remedies may be required for optimal pain relief and recovery, and may even be preferred to the more toxic, often disturbing side effects of prescription painkillers. Here is a dispensary of remedies that appear to be most useful for lower back pain and that may be used in conjunction with white willow. A combination of all of these may be highly effective.

Typically applied **capsaicin** (as found in **Arthrive**® **Cream** from Whitewing Labs)

induces the release of substance P, a neurotransmitter, from sensory C-fibers. As a result, repeated applications of capsaicin bring about a long lasting desensitization to pain (increase of pain threshold). The desensitizing effect is fully reversible.

Because lower back pain often results from cartilage degeneration, use of **glucosamine sulfate**, found in **Arthrive**, is essential. Glucosamine sulfate is clinically proven to stabilize cartilage production.

Bromelain also helps to reduce inflammation. It is a key ingredient in **Arthrive**.

How to Find Relief

What we're saying is that **Arthrive** and **Arthrive Cream** are both viable treatments for lower back pain and may be a better choice before resorting to surgery or powerful prescription painkillers.

To purchase **Arthrive** or **Arthrive Cream** separately or together at a special package price in the **Arthrive Package**, use the order form on pages 9-10 of this issue or call Whitewing Labs toll free at (800) 950-3030. You can also place your order on-line at www.whitewing.com.

Arthrive and Arthrive Cream



from Whitewing Labs can often help sufferers of lower back problems overcome their pain.

Beyond HRT: Premium Wellness Formulas

What was once only speculation is now based in fact. The reality for women is that hormone replacement therapy (HRT) with common estrogen-progestin combinations was not only ineffective for reducing heart disease risk, but that breast cancer rates increased so much it appeared to make the combination's risks greater than its other benefits.

Our concerns were finally confirmed on July 9, 2002, when the National Heart, Lung, and Blood Institute of the National Institutes of Health announced it had stopped, two years early, a major clinical trial of the risks and benefits of combined estrogen and progestin in healthy menopausal women due to an increased risk of invasive breast cancer.

The large multi-center trial, a component of the Women's Health Initiative, also found increases in coronary heart disease, stroke, and pulmonary embolism in study participants on estrogen plus progestin compared to women taking placebo pills. There were noteworthy benefits of estrogen plus progestin, including fewer cases of hip fractures and colon cancer, but on balance the harm was greater than the benefit. The study, which was scheduled to run until 2005, was stopped after an average follow-up of 5.2 years.

Now, we hope women and their doctors will listen to the *Journal of Natural Health* because what we have to say is important.

What to do now? Many women no doubt are shocked and dismayed, some disillusioned by the medical establishment, now that a major hormone replacement

clinical trial has been stopped. It is important women recognize that alternative methods of supporting women's health can be found in nature and that these promise good results without the potential complications posed by medically prescribed hormone drugs.

In the Meantime . . .

Mature women were using hormone replacement therapy (HRT) as a means of alleviating menopausal symptoms; reducing their risk for heart disease and stroke; fighting osteoporosis-related bone loss; and preventing colorectal cancer. In many cases, these conditions may be successfully alleviated by use of quality nutritional support formulas combined with proper diet and exercise.

All women who have used the estrogen-progestin combination or estrogen alone or who continue to do so could be using alternatives such as **Propause®**, **OsteoSafe®**, **Cholest-Less™** and **Pressure Control™** from Whitewing Labs.

Menopausal Symptoms

Women have long had a wonderful menopausal herb, **black cohosh** (*Cimicifuga racemosa*), to rely upon for acute menopausal symptoms. Found as a key herbal in **Propause**, the plant was used by Native Americans for menstrual problems and childbirth. In 1743, it was recommended for use to induce uterine contractions. Its first official botanical description occurred at the end of the Seventeenth Century. It was accepted as a medicinal herb in the Eighteenth Century in *Linné's Materia Medica* where it was recommended for use in cases of joint, muscle and nerve pain, during the menopausal years, and in cases of rheumatism.

Many studies have documented that the black cohosh extract used in **Propause** can be as effective as hormone therapy, yet

without any hormonal side effects.

The first study on black cohosh that we will look at was conducted in 1982 and was carried out by 131 general practitioners among 629 female patients. The women had been receiving other therapies including HRT, mood-altering drugs, or were receiving no medical treatment. These therapies failed to yield satisfactory results.

Fortunately, there was good news almost immediately. Only four weeks into the study, the women who received black cohosh showed clear improvement in their menopausal ailments. Indeed 80 percent of the women improved within the first four weeks. After six to eight weeks, some patients experienced complete disappearance of symptoms.

There was no discontinuation of therapy with black cohosh—unlike HRT.

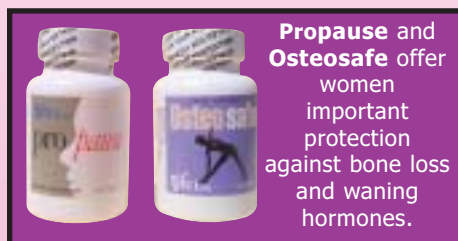
Natural progesterone is contained in the **ProTrans™ Cream** formula by Whitewing Labs. Many women call natural progesterone a “feel-good” hormone that seems to help build-up circulating levels of progesterone, stabilize blood sugar balance, and act as a thyroid stimulant.

Women who use topical progesterone should rub one-quarter to one-half a teaspoon on their skin. The creams are transdermal and are absorbed through the skin.

We have had women tell us that with **ProTrans Cream** and natural progesterone the effects are very quick. Within days, they are sleeping better, less anxious, less irritable, and tranquil.

Reawaken Your Desire

Ladies, if you are feeling stressed, then try **Evening Glow™**. Clinical research shows that **Evening Glow** with DHEA can lead to an overall sense of improved well being among women with diminished sexual desire. This safe all-natural formula is important for women who are in a committed relationship but who find that their desire for sex is waning.



Bone & Skeletal Health

OsteoSafe helps maintain peak bone health. Bone mass loss occurs throughout life. The correct nutritional support can help people of all ages maintain and strengthen their bones. OsteoSafe provides the vitamins, minerals, and herbs needed to maintain peak bone health for a lifetime. Some key ingredients include:

Calcium, of which 99% of the body's total reservoir is in bone tissue.

Vitamin D, which regulates blood calcium levels and bone metabolism.

Magnesium, of which 60% of the body's total resides in bone tissue.

Boron, which increases the absorption and activity of calcium in bone tissue.

Heart & Circulatory Health

Women have tremendous options to achieve optimal heart and circulatory health. First, we want you to use an all-around heart and circulatory health supplement and then to decide upon a second or third specific nutritional formula based on more detailed needs (e.g., high cholesterol, triglycerides, hypertension).

Triple action **Cholest-Less** is a comprehensive formula that combines ingredients that work together in three ways to help you retain healthy cholesterol levels. **Pantethine** acts at the synthesis stage in the liver to help support good cholesterol production. **Niacin** also reduces bad cholesterol. **Oat bran, guar gum and psyllium husk fiber** work in the intestines to help impede the body's ability to absorb cholesterol from foods and bile. The formula contains **magnesium** and **potassium** to support the heart muscle's forceful contractions.

Its B vitamins such as **folic acid, pyridoxine (B6), and cyanocobalamin (vitamin B12)** help to reduce homocysteine, a now-recognized major heart disease risk factor. The antioxidant properties of **vitamins C and E** help disarm damaging free radicals, an important factor for cardiovascular health. **Cholest-Less** also



contains **hawthorn berry extract** to maintain heart health.

Pressure Control also provides important health dividends. Not only is it an excellent source of **L-arginine** which normalizes blood pressure, the formula also provides **coenzyme Q10**, a major energy molecule for heart; **gotu kola** for improved circulation; and **hawthorn berry extract** which improves blood flow throughout the body.

Another important ingredient in **Pressure Control** is **kava**. When high blood pressure is linked to stress, kava can help. Unlike many pharmaceutical drugs



used for anxiety, such as diazepam (Valium) and alprazolam (Xanax), kava relieves anxiety but doesn't leave you with a hangover.

Whitewing's Recommendation

Women have many options beyond hormone replacement therapy. These Whitewing Labs formulas are master nutritional and herbal blends that can effectively aid women who are dealing with the health consequences of transition and want to do so without risking adverse health effects.

To order any of these products, use the order form on pages 9-10 or call Whitewing Labs toll free at (800) 950-3030.

Therapeutic Success with Standardized Black Cohosh

	Symptoms Gone	Improved	Overall benefit
Hot flushes	43.3%	43.3%	86.6%
Profuse Perspiration	49.0%	38.6%	88.5%
Headache	45.7%	36.2%	81.9%
Vertigo	51.6%	35.2%	86.8%
Heart Palpitation	54.6%	35.8%	90.4%
Ringing in Ears	54.8%	36.1%	92.9%
Nervous/Irritability	42.4%	43.2%	85.6%
Sleep Disturbance	46.1%	30.7%	76.8%
Depressed Moods	46.0%	36.5%	82.5%

Source: Stolze, H: *Gyne*, 1982; 1: 14-16

Live Life Effortlessly with Help from Anti-Gloom™

One of the reasons so many users are reporting amazing results from the Whitewing formula, **Anti-Gloom**, is its combination of **5-HTP**, **acetyl L-carnitine** and **L-phenylalanine**.

This is a synergistic combination that puts energy and vitality back into your life.


5-HTP Power

One key to the power of **Anti-Gloom** is 5-HTP. Dr. Michael Murray, N.D., one of America's leading natural health experts notes that, "Although 5-HTP may be relatively new to the United States health food industry, it has been available through pharmacies for several years and has been intensely researched for the past three decades. It has been available in several European countries as a medicine since the 1970s."

The beauty of 5-HTP is its profound ability to raise your body's circulating levels of serotonin. One of the body's key neurotransmitters, 5-HTP is found in high levels in both the brain and digestive system. Many adverse health conditions have been linked to low levels of serotonin.

Rats Dance Macarena with Acetyl L-Carnitine

There are many nutrients that we could probably utilize as dietary supplements; yet, most of us are not going to buy them as individual supplement products. Even the most dedicated health-conscious consumers have budgetary or tolerability limits when it comes to dietary supplements. Other consumers really don't like taking pills, but know they should as part of their health regimen. Still, they limit themselves to only a few products. Well, your aging body might do quite well with acetyl L-carnitine to help "tune up" the energy-producing organelles that power all



Suffering from mild depression, fibromyalgia or headaches and want to get well without medical drugs? **Anti-Gloom** from Whitewing Labs might be the antidote.

cells, the mitochondria.

Dr. Bruce Ames, of UC Berkeley, calls mitochondria the "weak link in aging." Evidence has been piling up, he said, that deterioration of mitochondria is an important cause of aging. A significant cause of this deterioration, he believes, is the accumulation of destructive free radicals, byproducts of normal metabolism, that disable enzymes and other chemicals.

Therapy with acetyl L-carnitine targets mitochondria to boost the activity of a damaged enzyme, carnitine acetyl or transferase, that plays a key role in burning fuel in mitochondria.

Experiments show that the enzyme carnitine acetyltransferase is less active in older rats than in young rats, and that it binds less tightly to acetyl-L-carnitine in older rats.

Supplementation with acetyl-L-carnitine restored the enzyme's activity nearly to that found in young rats and substantially restored binding to acetyl-L-carnitine.

"The acetyl-L-carnitine is protecting the protein and the higher levels enable the protein to work," Ames says.

The study showed that acetyl L-carnitine can significantly reverse the decline in overall activity typical of aged rats to what you see in a middle-aged to young adult rat seven to 10 months of age.

Phenylalanine Boosts Energy

A precursor for neurotransmitter biosynthesis, the amino acid L-phenylalanine is one of 10 essential amino acids that the body cannot synthesize. Phenylalanine is used by the brain in the manufacturing of dopamine, norepinephrine, and epinephrine, which are excitatory neurotransmitters that



function to improve learning and memory. It is claimed but not proven that phenylalanine can promote sexual arousal, and there is evidence that phenylalanine can increase mental alertness and release hormones affecting appetite. L-phenylalanine is predominantly a nervous system stimulant, mood enhancer, and appetite suppressant.

How to Find Anti-Gloom

There is no question that **Anti-Gloom** is a powerful natural "medicine" for many of life's most depressing ills. If you want to be in the clear and live life effortlessly again, be sure to use the order form on pages 9-10 or call Whitewing Labs toll free at (800) 950-3030.

Among the conditions associated with low serotonin levels that have been shown to be helped by 5-HTP are the following:

- ◆ Depression
- ◆ Obesity
- ◆ Carbohydrate craving
- ◆ Bulimia
- ◆ Insomnia
- ◆ Narcolepsy
- ◆ Sleep apnea
- ◆ Migraine headaches
- ◆ Tension headaches
- ◆ Chronic daily headaches
- ◆ Premenstrual syndrome
- ◆ Fibromyalgia

BUY ONE GET ONE FREE!!!

	CODE	QTY
ANTI-GLOOM™ - Natural Anti-Depressant	\$44.95 AG1	_____
CIRC ELATION™ - Supports Healthy Circulation	\$34.95 CE1	_____
IMMUNE DEFENSE™ - Cold & Flu Fighter	\$34.95 CF1	_____
NZ GESTION™ - Natural Digestive Aide	\$34.95 NZ1	_____
RESTPIRATION™ - Natural Allergy Relief	\$34.95 RP1	_____
VIMI™ - Energy Boost Supplement	\$34.95 VM1	_____

Order now, offer ends 12/31/2002

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CALIFORNIA ONLY, ADD 8.25% SALES TAX) \$ _____

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Yes, I would like to receive a Pet Catalog, for healthy pets.

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YES!! Sign me up today for the "Customer Preference Plan". I have checked each product I wish to have shipped to me monthly.

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|---------------------------------------|---|---|
| <input type="checkbox"/> Prostsafe | <input type="checkbox"/> Sexhilarate | <input type="checkbox"/> Prostsafe Plus |
| <input type="checkbox"/> Propause | <input type="checkbox"/> OsteoSafe | <input type="checkbox"/> Arthrive |
| <input type="checkbox"/> Cholest-Less | <input type="checkbox"/> Circ Elation | <input type="checkbox"/> Colon Pure |
| <input type="checkbox"/> DeStress | <input type="checkbox"/> Evening Glow | <input type="checkbox"/> Immune Defense |
| <input type="checkbox"/> NZ Gestion | <input type="checkbox"/> Pressure Control | <input type="checkbox"/> RestPiration <input type="checkbox"/> Vim! |

Group II Product(s) @ \$39.95 per month each

- | | |
|--|---|
| <input type="checkbox"/> Anti-Gloom | <input type="checkbox"/> Sexual Energy Package |
| <input type="checkbox"/> Arthritis Package | <input type="checkbox"/> Sexual Vigor Package |
| <input type="checkbox"/> Circulation Package | <input type="checkbox"/> Healthy Heart Package |
| <input type="checkbox"/> Mighty Might Package | <input type="checkbox"/> Women's Health Package |
| <input type="checkbox"/> Healthy Tummy Package | |

Group III Product(s) @ \$15.95 per month each

- Vitamin & Mineral Systems

Group IV Product(s) @ \$34.95 per month each

- Joint Aide

Group V Product(s) @ \$19.95 per month each

- | | | |
|---|-------------------------------------|---|
| <input type="checkbox"/> Arthrive Cream | <input type="checkbox"/> Energ-Eyes | <input type="checkbox"/> SleepSafe |
| <input type="checkbox"/> Joint Aide Cream | <input type="checkbox"/> PowerMind | <input type="checkbox"/> Skin Elation Cream |

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WE CANNOT ACCEPT CHECKS OR MONEY ORDERS FOR THIS SPECIAL SERVICE PROGRAM

I understand I must participate in the "Customer Preference Plan" for a **minimum of six months** to qualify for these reduced prices. I may cancel at any time after six months by notifying Whitewing Labs, Inc., in writing.

To active your Customer Preference Plan, sign below and complete the credit card and ordering information to the left of this area.

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It is our policy to ship within 48 hours after receipt of your order. We ship via **USPS Priority Mail**. Allow up to 5 days for your order to reach you from the time it is shipped.

UNCONDITIONAL MONEY-BACK GUARANTEE

All of our products are sold with an unconditional 30 day money-back guarantee. You may return your purchase (even the empty bottle) for a prompt refund of the product price.

NUTRITION ALERT!

Colon Pure™: Protector Against Migraines, Ulcers & More

Some chronic migraines may be caused by the same tummy bug linked to ulcers. The probiotic and prebiotic formula **Colon Pure** from Whitewing Labs can aid both migraine and ulcer sufferers.



Preliminary research reported in April from Milan, Italy, shows that some migraine headaches may be linked to infection with a common germ and building up the body's populations of friendly bacteria could ward them off.

Helicobacter pylori, the bug that causes gastric ulcers, has recently been linked to a growing list of diseases, including heart disease, autoimmune diseases and skin conditions.

A study presented in late April at an infectious diseases conference found that about 18 percent of chronic migraine sufferers were infected with the stomach bug *Helicobacter pylori* and antibiotics appeared to clear the headaches.

However, building up the body's populations of friendly bacteria (especially lactobacillus strains) and adding supplemental friendly bacteria in the form of probiotics seemed to work even better, leaving most people migraine-free for a year and lessening the intensity and frequency of recurring headaches in the others, the lead researcher said.

Meanwhile, the therapeutic benefits of the probiotic bacterial strains in **Colon Pure** have also been shown to aid ulcer sufferers, according to a new study from the Department of Pharmacology, of the 309th Hospital of PLA, Beijing, China.

This study found that providing ulcer sufferers with lactobacillus strains of beneficial bacteria which led to complete remission of ulcer symptoms and that use of the natural healing pathway may be as effective as the use of heavy duty medical

antibiotics such as amoxicillin and metronidazole.

This is important information. Although a combination of Pepto-Bismol, tetracycline, and metronidazole effectively kills *H. pylori* in approximately 90 percent of patients, metronidazole may have many toxic effects.

Indeed, supplementation with **Colon Pure** may be preferable to a course of metronidazole, known by doctors and pharmacists alike as the ultimate "bowel sweeper," taking everything, including our body's friendly bacteria, with it.

"Noteworthy" incidence of breast cancer in rats has been found following dosing with metronidazole. This drug is characterized as having "considerable carcinogenic potential."

A subsequent animal study also reported "significant" excesses of breast cancer. While two short-term and inadequate human studies found no excesses of breast cancer, the animal evidence raises a clear warning.

On the other hand with **Colon Pure** we have a safe alternative or complement to antibiotic use.

More Colon Pure Benefits

A healthy intestine is one which maintains a critical balance between various groups of these bacteria such as lactobacilli, streptococci, clostridia, clostridia, coliform and bacteriodes. Any sub-optimal or unhealthy conditions like stress, onset of disease, ingestion of antibiotics and/or medicines, improper food and rest, and harmful environmental conditions may endanger this fine balance in the intestinal flora, resulting in the reduction of the friendly or beneficial bacteria like lactobacilli and bifidobacteria in the gut.

Among the major health benefits that using probiotic products daily offers:



- ◆ Biotin helps to digest foods and to enhance synthesis of B vitamins, especially folic acid, and other nutrients.

- ◆ Helps to alleviate digestive disorders including diarrhea and constipation. Lactic acid bacteria produce enzymes such as proteases and lipases to help digest proteins and fats.

- ◆ Improve lactose tolerance and digestibility of milk products. (*L. acidophilus* cultures produce significant quantities of lactase, which may help digest lactose more fully and thereby reduce the possibility of bad breath, bloating, gas development and stomach cramps.

- ◆ Enhancing populations of beneficial bacteria may help to improve the body's metabolism of calcium and other minerals. This, in turn, helps reduce the risk of heart disease, high cholesterol, cancer and osteoporosis.

- ◆ Produce natural antibiotics that protect against *E. coli* infection, reduce vaginal infection and yeast infection and inhibit growth of many other disease-causing pathogens.

- ◆ Inhibit gastrointestinal and urinary tract pathogens, as well as reducing infant diarrhea and risk of urinary tract infections.

- ◆ Improve immune function and promote anticarcinogenic activity, especially within the intestines by aiding the body's production of immunoglobulins.

- ◆ Prevent acne and alleviate dermatitis and other skin disorders by modifying and improving gastrointestinal microbial balance.

- ◆ Reduce cholesterol.

Supplement with **Colon Pure**. Use the order form on pages 9-10 or call Whitewing Labs toll free at (800) 950-3030.

How Enzymes Prevent Lymph Blockages

Who would have thought that your immune function could be stymied by lymph gland blockages? Our lymph system is often overlooked as a key to immune health. Yet, it is in the area of lymph gland blockage that the benefits of the **NZ Gestion™** digestive enzyme formula from Whitewing Labs truly shine and should grab the attention of both health-conscious consumers and a wide range of health professionals.

Causes of Lymph Blockages

Incompletely digested protein and carbohydrate molecules trigger a domino effect. The fragmentary breakdown compounds produce a secondary carbohydrate, called polysaccharides, which condense in the tissue fluids of the body, and combine with excess proteins forming a substance known as mucoproteins.

These mucoproteins condense in plasma. The accumulation of mucoprotein is the main cause of lymphatic congestion, which is the foremost trigger factor of a great variety of severe pathologies, blocking the lymphatic traffic in the interstitial tissues, representing the spaces between fine capillary vessels and cells.

Lymph Blockage Consequences

This is important, folks. And it's worth taking the time to explore the consequences of lymph gland

blockages. The lymphatic system defends the body from foreign invasion by disease-causing agents such as viruses, bacteria, or fungi.

The lymph system contains a network of vessels that assists in circulating body fluids. These vessels transport excess fluids away from interstitial spaces in body tissue and return it to the bloodstream for eventual elimination.

Lymphatic vessels prevent the backflow of the lymph fluid. They have specialized bean-shaped organs called lymph nodes that filter out destroyed microorganisms. If your lymph system is malfunctioning, internal toxicity is quite likely.

Why We Need Enzymes

Certainly one of the keys to improving our health, especially unblocking the lymph system and maintaining a healthy immune function in the gut, is to insure an optimal amount of enzyme activity in the body.

Enzymes are catalysts in the body, specialized proteins, which help maintain the tissues, orchestrate the many functions of the body, and digest food. Unfortunately food enzymes are destroyed at temperatures above 118 degrees. Thus, all cooked and heat-processed foods are devoid of food enzymes.

Enzymes can be considered more important than perhaps any nutrient. Enzymes are responsible for nearly every

facet of life and health. When we eat raw foods, we consume the enzymes in the foods. The foods are then digested easily by the body. When we eat cooked or processed foods, the body must provide the enzymes necessary to digest the cooked foods. This constant need for enzymes depletes our store of enzymes, strains the body and causes the pancreas to enlarge.

Without enzymes, we're as good as dead. Dr. Edward Howell, the groundbreaking physician who devoted his life to the study of enzymes, stated in his classic work, *Food Enzymes for Health and Longevity*, "After we have attained full mature growth, there is a slow and gradual decrease in the enzyme content of our bodies. When the enzyme content becomes so low that metabolism can't proceed at a proper level, death overtakes us."

If one does not consume proper levels of enzymes from foods or supplements the following symptoms may occur: excessive gas and bloating (particularly after meals), diarrhea and/or constipation, heartburn, low energy, acne, arthritis, allergies, insomnia, and many more.

How to Unblock Lymph Glands

For life to continue you must have a constant enzyme supply which requires continual replacement of enzymes. The best way to assure your body receives an adequate amount of enzymes every day is to consume a diet high in "live" raw and fermented foods and to consume a high potency, broad-spectrum digestive enzyme supplement such as **NZ Gestion**.

Lymph gland blockages are often the first sign of toxemia and impaired immunity. The use of the digestive enzymes in **NZ Gestion** helps to insure complete digestion of carbohydrates and proteins may aid your lymph system greatly.

Use the order form on pages 9-10 or call Whitewing Labs toll free at (800) 950-3030.

NZ Gestion helps to prevent lymph blockages which can result in loss of immune protection and lead to intestinal toxemia.



Who Says You Can't Prevent Colds or Flu?

There may be no cure for the common cold but there may be a way to prevent or alleviate the symptoms. To avoid lost days due to colds and flu, use **Immune Defense™** from Whitewing Labs to ensure your immune system is nourished with special nutrients that are proven to enhance immunity. You'll not only reduce your risk of the cold or flu, if you do get sick, you'll recover much more quickly.

The nutrients in **Immune Defense** are essential to perking up immune function, according to one of the world's foremost researchers and advocates of the use of specially designed nutritional supplements for boosting immunity. Dr. Ranjit K. Chandra, of the Health Sciences Center, Memorial University, Newfoundland, has conducted numerous studies over the years, published in the world's leading medical journals, that examine micronutrients that perk up the human immune response.

Dr. Chandra points out the elderly can have immunity as vigorous as that of a young person. He notes that elderly are sometimes deficient in key nutrients such as **beta carotene** and **vitamins A, B-6, and C**, as well as **zinc**, all found in **Immune Defense**.

"Diet and immunity have been known to be linked to each other for centuries," notes Dr. Chandra. "In the last 30 years systematic studies have confirmed that nutrient deficiencies impair immune response and lead to frequent severe infections . . ."

Take zinc. In the August 2002 issue of the *European Journal of Clinical Nutrition*, researchers say, "It is clear that this trace element has a broad impact on key immunity mediators, such as enzymes, thymic peptides and cytokines," explaining the paramount importance of zinc's status on the regulation of the immune system.

Yet another key nutrient, **cysteine**, is necessary to produce glutathione which plays a major role in defusing chemical toxins and preventing free radical propagation. In experimental studies, cysteine reduces risk of cancer and inhibits

HIV infection. So we know that supplemental cysteine must be a good thing for supporting immunity.

Plants, like humans, are under constant attack from their environment. They have developed effective defense systems against insects, bacteria, and even viruses. Many of these same protective plant substances have been studied and several have been found to be safely assimilated by humans and to invigorate the body's vital energy.

Goldenseal contains the alkaloid berberine, which has a long history of medicinal use in both Ayurvedic and Chinese medicine. According to the April 2000 issue of *Alternative Medicine Reviews*, "Berberine extracts and decoctions have demonstrated significant antimicrobial activity against a variety of organisms including bacteria, viruses, fungi, protozoans, helminths, and chlamydia. Currently, the predominant clinical uses of berberine include bacterial diarrhea, intestinal parasite infections, and ocular trachoma infections."

Echinacea, astragalus, and angelica are all long revered herbs for restoring the body's vitality. Echinacea helps us to get over colds more quickly. Astragalus is an important immune support herb throughout the world. Angelica helps us to maintain a healthy urinary tract.

Astragalus is often used in China to bolster immunity in patients undergoing cancer radiation or chemotherapy. In traditional Chinese medicine, astragalus is considered an overall enhancer of the body's immunity.

Siberian ginseng is an excellent anti-stress nutrient that has been shown to help reduce risk of premature aging. In the June 2001 issue of *Antiviral Research*, it was noted that a liquid extract from this herb "inhibited the productive replication of human rhinovirus (HRV), respiratory syncytial virus (RSV) and influenza A virus in cell cultures infected with these viruses." That suggests to us quite clearly that **Immune Defense**, when taken regularly, can help reduce risk of colds and flu.



Our Recommendation

All of us require a strong immune system. The studies of Dr. Chandra and other researchers have proven that nutrition is a key to maintaining healthy immunity at any age. **Immune Defense** is inspired by the work of Dr. Chandra and other experts and provides a master blend of nutrients and herbs that complement a healthy diet to give the body just a little more vital energy. Start now to bolster your defenses. So when your friends are coughing and under the weather, you can be healthy and happy and strong. Because you took your vitamins. Because you used a safe and healthy formula for promoting the body's vital energy.

Immune Defense can be purchased by using the order form on pages 9-10 or calling Whitewing Labs toll free at (800) 950-3030. Order on-line at our website www.whitewing.com.

No more colds or flus?
Immune Defense from
Whitewing Labs can help
you to reduce your risk.



Breaking the Cycle of Diabetic-related Complications

If you or someone whom you know suffers from excess swelling in their lower extremities or other circulatory complications involving the lower legs, we want to tell you about a fantastic natural remedy that is clinically validated to help.

Breaking the Cycle

There is a vicious circle to venous insufficiency. When the veins aren't returning blood to the heart well enough, the cells lining the veins don't receive enough oxygen, so they release substances in the blood that cause inflammation with concomitant swelling. This is often the case in diabetics.

Swelling is a clear-cut symptom of venous insufficiency and makes it harder for the veins to work, exacerbating the problem. The same substances in the blood that produce swelling increase the fragility of the veins. This contributes to further weakening of the veins.

As a result of such inflammation, white blood cells are attracted to the area. They further clog up the veins and make it harder for the blood to get through the veins, further increasing the problem.

Finally, cells lacking oxygen release growth factors, causing more growth of the veins. Increased vein volume also makes it more difficult for the veins to pump the blood back to the heart, further increasing the problem of venous insufficiency.

Natural Medicines Highly Proven

We recommend **Circ-Elation™** to patients experiencing poor circulatory patterns in their lower legs. Some of the key ingredients in this formula are **horse chestnut extract** (*Aesculus hippocastanum*) together with **papain, bromelain and bilberry extract**.

The active ingredient of horse chestnut extract is **escin**. It seems to work better than compression hosiery, which works immediately to improve blood flow in the veins but doesn't have a cumulative effect—in other words, hosiery isn't more effective with time, and halting treatment ends its effectiveness. Horse chestnut extract works

more slowly, but its effects continue after treatment is halted.

How Horse Chestnut Works

Horse chestnut extract allows cells lining the veins to better tolerate a lack of oxygen. This breaks the vicious circle of venous insufficiency, leading to less inflammation, less swelling, and fewer white blood cells accumulating. In theory, use of horse chestnut seed should also lead to less vein growth and less varicose veins, though this has not been tested directly.

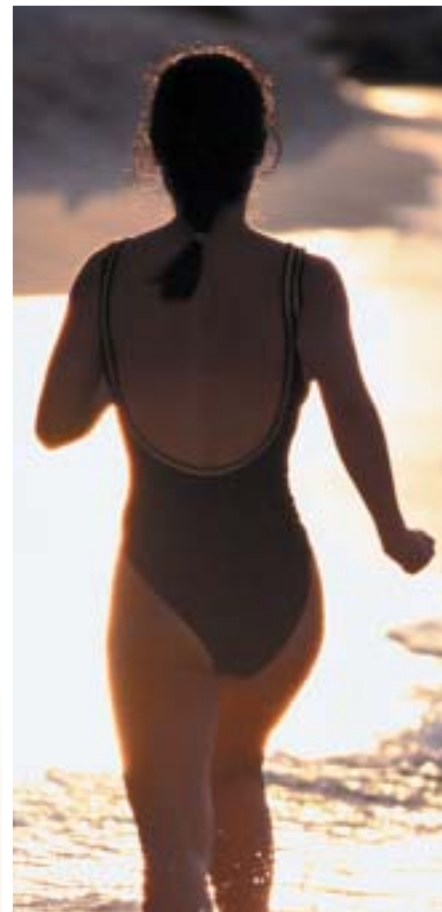
The enzyme **hyaluronidase** causes overgrowth of smooth muscle cells, which causes unsightly bulging varicose veins. Horse chestnut's **escin** inhibits **hyaluronidase**.

Clinical Validation

The scientific evidence that supports **escin** is very strong. To assess evidence for or against horse-chestnut seed extract (HCSE) as a symptomatic treatment of chronic venous insufficiency (CVI), researchers from the Department of Complementary Medicine, School of Postgraduate Medicine and Health Sciences, University of Exeter, United Kingdom, reviewed much of the published double-blind, randomized controlled trials of oral horse chestnut extract for patients with CVI. They concluded, "The superiority of [horse chestnut seed extract] is suggested by all placebo-controlled studies. The use of HCSE is associated with a decrease of the lower-leg volume and a reduction in leg circumference at the calf and ankle. Symptoms such as leg pain, pruritus, and a feeling of fatigue and tenseness are reduced."

Additional Help for Edema and Chronic Venous Insufficiency

Perhaps there are some people for whom horse chestnut seed extract is completely effective, but the standard finding seems to be that it is usually partially effective. The addition of the enzymes **bromelain** and **papain** should further help to inhibit growth factors that enable the cells of the veins to continue to



grow and lose integrity. **Bilberry** extract helps to restore the integrity of the veins.

Adjunct use of **fenugreek**, another key ingredient in **Circ-Elation**, improves glycemic control and decreases insulin resistance in mild type-2 diabetic patients, who often suffer from poor lower leg circulation. There is also a favorable effect on elevated triglycerides.

For immediate soothing relief, combine the oral **Circ-Elation** formula with the topical formula, **Skin Elation™**, which provides **capsaicin**.

Both formulas are available a lone or together in the **Circulation Package** from Whitewing Labs.

Use the order form on pages 9-10 or call Whitewing Labs toll free at (800) 950-3030.

Suffering lower leg pain or diabetes-related circulatory problems? **Circ-Elation** and **Skin Elation Cream** provide excellent support.

On the Cutting Edge **NATURAL HEALTH NEWS**

Why Asthma Sufferers Love RestPiration™

We continue to have a tremendous response to our recent articles on **RestPiration**. The Ayurvedic herbs used in this formula are both safe and effective supporters of healthy breathing.

Rather than having to use inhalers or steroids, many people want to see if **RestPiration** can help them. More often than not, **RestPiration** does.

Perhaps this is thanks to the Ayurvedic herbs *picrorhiza kurroa* and *tylophora asthmatica*, both clinically demonstrated to help guard against asthmatic breathing difficulties.

These have been combined with **magnesium** to help relax the breathing tract and **vitamin C**, a natural antihistamine.

Natural Health Tip: So if you want to try a natural pathway to better breathing support, **RestPiration** from Whitewing Labs is a great choice. It's safe and our growing number of repeat orders has shown us this scientifically validated combination of herbs and nutrients truly helps.

RestPiration can be purchased by using the order form on pages 9-10 or calling Whitewing Labs toll free at (800) 950-3030.



Boomers Want to Age Well

It is not uncommon in the nutritional supplement field for products to come and go—for marketers to try for a big splash for the “latest and greatest” with flashy advertising that will “push” their products on the public.

But if you want value, efficacy and safety, your first choice as a foundation for health ought to be a properly selected multiple vitamin and mineral formula from a trustworthy company that, like you, will be here for the long run.

Once health-conscious consumers have gone past fads and begun to trust solid science, the companies that matter most are the ones who similarly adhere to scientific concepts and who can be trusted implicitly to deliver quality formulations that offer value, efficacy and safety.

One of the smartest things that we can do is to take a little health insurance everyday in the form of a multiple vitamin and mineral supplement. That alone is important.

But getting the most out of our commitment to a daily multiple vitamin and mineral formula—this is where **Vitamin and Mineral System™** from Whitewing Labs is important.

Quite apart from well-known vitamins and minerals, let's look a little more closely at what **Vitamin and Mineral System** can do to insure your specific nutritional needs will be met.

Mature women require extra amounts of **calcium** to help prevent osteoporosis later in life. Furthermore, **silicon** is a key calcium co-factor, aiding the body's utilization of calcium. Because diminishing estrogen levels in women change the way their bodies handle **vitamin B6** and increase their needs, extra amounts of this nutrient should also be included as well as **boron**, for the same reason.

Men who are 50-plus will benefit from extra **zinc** and **niacin**, as well as **vitamins C** and **E** for healthy blood flow.



Foundation Premium Wellness Formula

Whitewing Labs **Vitamin & Mineral System™** is perfect for women of all ages. This formula contains extra **calcium, silicon, vitamin D, boron, and magnesium** for supporting overall health and especially healthy bone mineralization. Furthermore, silicon is a key calcium co-factor, aiding the body's utilization of calcium. Because diminishing or fluctuating estrogen levels in women change the way their bodies handle **vitamin B6**, extra amounts of this nutrient should also be included. Vitamin B6 levels can be low in depression or in women taking estrogen, in the form of birth control pills or hormone replacement therapy.

Natural Health Tip: **Vitamin and Mineral System** can be purchased by using the order form on pages 9-10 or by calling Whitewing Labs toll free at (800) 950-3030.

Energy Pick-Me-Up

There are so many incredibly important energy nutrients in **Vim!™** but two of the most effective are **bee pollen** and **royal jelly**.

In ancient days, the Greeks and Romans called natural bee pollen “the life-giving dust” or the secret “ambrosia” eaten by the gods to acquire eternal youth.

In ancient Egypt, pollen was entombed with pharaohs. Today, nutritionists have discovered bee pollen has natural rejuvenating powers, aids energy, reduces allergies and nourishes the brain and nervous system.

There's an old saying among bee keepers that queen bees are made, not born. They're fed royal jelly and are about 42 percent larger and 60 percent heavier than worker bees. The queen bee lives 40 times longer than worker bees.

Royal jelly is a very rich source of proteins and contains eight essential amino acids, important fatty acids, sugars, sterols and phosphorous compounds as well as acetylcholine to transmit nerve messages from cell to cell.

Perhaps it is the combination of bee pollen and royal jelly together with **Siberian ginseng, St. John's wort** and PABA that accounts for the quick pick-me-up effect of **Vim!**

Natural Health Tip: All we know is that it works very quickly. If you need an energy boost, think **Vim!** The formula can be purchased by using the order form on pages 9-10 or calling Whitewing Labs toll free at (800) 950-3030.



Protect Your Eyes!

Energ-Eyes™ is incredibly important. Many researchers now note that our ozone layer is continuing to deteriorate, allowing more ultraviolet light into the atmosphere. This is sure to increase your risk for cataracts. **Energ-Eyes** is scientifically formulated with lutein and flavonoids to reduce your risk of cataracts.

Natural Health Tip: Take **Energ-Eyes** daily and be sure to wear wrap-around sunglasses when you are in the direct sunlight. Order by turning to the center of this journal. Or call Whitewing Labs' toll free customer service line 1-800-950-3030.



On the Wing... Late breaking news from Whitewing Labs

Look for Our Two-for-One Specials This Month on Selected Products

This issue is dedicated to helping you find safe alternatives to medical drugs.

Prostsaf[®] is the better alternative to finasteride for prostate health (page 3).

Sexhilarate[®] may help diabetic men achieve full erectile function (page 4).

With the recent ominous news about health hazards associated with hormone replacement therapy, women must be sure to read our detailed report on safe alternatives to HRT including **Propause[®]**, **Osteosaf[®]**, **Cholest-Less[™]**, and **Pressure Control[™]** (pages 6-7).

Use **Colon Pure[™]** to protect against both migraine headaches and gastric ulcers (page 11).

Lymph blockages can result in impaired immune function and toxemia. **NZ Gestion[™]** is important for unblocking the lymph system (page 12).

As we get older, many people suffer from diabetes-related circulatory problems, especially poor circulation in the legs. **Circ**

Elation[™] and **Skin Elation[™]** can improve blood flow to and from the legs and reduce the aching associated with impaired circulation (page 15).

Anti-Gloom[™] can help make living life effortless again. If you suffer depression, fibromyalgia, or simply low energy, this is an important formula (page 8).

Avoid lost days due to colds and flu with **Immune Defense[™]** (page 13).

Learn why so many people today are using **RestPiration[™]** as an alternative to inhalers and other asthma medications (page 16).

For the lowdown on important supplements such as **Vitamin C**, **Vitamin E** and **Vitamin B Complex**, turn to page 2.

Both men and women need a great multivitamin. Find out on page 16 why Whitewing Labs' **Vitamin & Mineral Systems** may be the exactly right for you.

For more information go to www.whitewing.com. Or call customer service at **800-858-0228**, Monday thru Friday (except holidays), 8:00 a.m. to 4:30 p.m., Pacific Standard Time, for product information or help with placing your order.

Help Us Help You!

Are you getting too many mailings? Are you moving soon? Have you moved recently? Did we misspell your name? Are you a Snow Bird? Do you wonder what happened to your order? We want to keep our records as accurate and up to date as possible, so there are no delays processing your order. So, if you have any address corrections, additions, or changes, please call our toll free customer service lines and let us know! The key to this is your customer number on the mailing label below!

As our customer following grows, we want to maintain the highest standards of customer satisfaction. You can be assured we will maintain strict confidentiality of our customers. Our records are not sold, rented, or solicited for use by others.

Thanks, in advance, for your help!

WWL STAFF



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GRANADA HILLS, CA 91344-5615

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