



Cornerstone of Life  
Healthy Living for Mature Adults

# Healthy Living Newsletter

## A NEW SCIENCE-GLYCONUTRITION

The headline article in this month's "**HEALTHY LIVING ALERT**" newsletter will focus on a new nutritional science that has studied the impact of eight plant based sugars that have a dynamic effect on how the cells of the body communicate with each other to provide optimum health. This science is called "**GLYCONUTRITION/NUTRIENTS.**" This is without a doubt the most important nutritional health article that I have ever written and there is so much information about this scientific breakthrough that will help every person on the planet to understand how to achieve optimum health. First let me say that when it comes to new health products, television and marketing hype, anti-aging miracles and all of this other health garbage we see on television, I am probably one of the biggest skeptics you could ever find. I have been studying and researching Glyconutrients for over six months and I am convinced these eight miracle sugars (not real sugars as we define the word) are the real deal. To begin the story, we need to understand how the body works and why we need these nutrients.

**PREFACE:** Cells are dividing and being replaced every day. This leads to an increased possibility of producing changes that may result in aberrant cells. These changes can be exacerbated by radiation, infection, chemical irritation and stress-induced oxygen free radicals. Aberrant cells are implicated in the etiology of various diseases, including cancer. Nature has provided the body with an immune system to survey and recognize these aberrant cells, which are either repaired or destroyed. When they are not recognized and managed, serious health problems can arise. Food nourishes and promotes the growth, multiplication, division and renewal of all cells. In today's world, we do not obtain the proper nutrients from our "**Modern Diets**" and we are internally starving ourselves. Without proper nutrition, cells will not have the proper structure and function to perform their normal biochemical processes and disease, sickness and numerous other health issues are the next steps. Instead of looking at our food supply and proper nutrition for the prevention and management of these dysfunctions, society relies on doctors and drugs to correct these problems. Only food and proper nutrition can restore the balance of these biochemical processes without affecting other aspects of our physiology. Drugs may restore balance in one area, but usually cause an imbalance in other areas and then we are prescribed other drugs to counter the new problems. This seems to be a vicious circle and very few people are healed over the long term.

The Father of Western Medicine, Hippocrates, said *“Let your food be your medicine, and your medicine be your food.”* This statement shows us the importance of proper nutrition for optimal health. The Father of Western Pharmacology and Toxicology, Paracelsus, said that all things required for good health are provided by nature, they just need to be identified and understood. Since food plays such an integral part in maintaining optimal health, it is very important for us to understand nature’s grand design for food and use it for its intended purpose. This brings us to the study and science behind **GLYCO NUTRITION**.

### **WHAT ARE GLYCONUTRIENTS?**

Glyconutrients are proprietary blends of plant saccharides that include sources of, or precursors to, sugars used in the body for glycoprotein synthesis. Glycoproteins, which serve numerous biological functions, are critically important for the proper function of cells and their ability to communicate with each other. The sugars (monosaccharides) contained in glycoliproteins are Galactose, Glucose, Mannose, Fucose, Xylose, N-acetylneuraminic acid, N-acetylglucosamine and N-acetylgalactosamine. While glyconutrients are sometimes referred to as “sugars” or “nature’s sugars”, they are different from the sugar (sucrose) in unhealthy foods like sugary soft drinks or candy. Most people eat entirely too much sucrose, a disaccharide that raises blood glucose and insulin levels and is one of the many culprits contributing to our current obesity epidemic. Glyconutrient sugars are healthy, fiber-rich complex plant saccharides that do not affect blood glucose levels. In randomized, double-blind, placebo-controlled trials of healthy adults these sugars had no effect on blood glucose levels and they are also low in calories. What can Glyconutrients do for you? During the last 16 years, hundreds of peer-reviewed studies and pre-clinical research has proved that Glyconutrients support cell to cell communication in areas of cognitive and gastrointestinal health, infectious disease, autoimmune disease, osteoarthritis and rheumatoid arthritis, heart disease and issues of physical aging. (I will review all of these health issues in future articles.)

### **CELL TO CELL COMMUNICATION**

Every cell in our bodies—all 600 trillion of them (that’s right 600 trillion)—are coated with glycoconjugates; a mixture of carbohydrates, fats and proteins. These molecules protrude from the cell surfaces like delicate hairs. Scientists now know that each cell uses the carbohydrates on its surface to communicate—both giving and receiving information about its status. Healthy cell-to cell communication is the highest form of putting your body on the road to ultimate health. When we ingest glyconutrients, we are absorbing food elements necessary for building sugar chains, which play an important role in normal cell structure and function. We need Glyconutrients because our **“modern diet”** consisting of fast foods, quick snacks and processed foods, we are not getting sufficient nutrients. In our **“modern diet,”** most people only obtain two of the eight essential sugars; glucose and some galactose,” states Luis Romero, M.D., who specializes in internal medicine, cardiovascular medicine and clinical pharmacology. “That is why we are seeing growing epidemics of autoimmune diseases in this country. Romero studied at the University of Massachusetts Medical Center and Harvard University and conducted research at Sloan-Kettering Institute for Cancer Research in New York. For the past five years he has devoted the bulk of his time to researching glycobiology. In cell-to-cell instructions, essential glycol sugars are so much involved at the membrane level and with cellular receptors

that, when they are deficient, you get attention deficit hyperactivity disorder (ADHD), depression, chronic fatigue, fibromyalgia and higher instances of diabetes and neurodegenerative diseases. Also, your memory is not as good, autoimmune diseases are more common, and allergies and even chronic infections take hold. “We have found out that, when you add these nutrients back to your diet, things improve because they are involved in essential synthesis of molecules that carry out bioactivity in the body, including defense, repair, healing and regeneration,” says Reg McDonald, M.D. “We have stumbled into a whole new world of micronutrients, of which the glycol sugars are just one group, required in the engineering and design of life coded in our genes to support cellular synthesis of these molecules that carry out the critical instructions between cells. We have not found any disease or abnormal process that intervention does not improve, because by improving nutrition you are improving the biochemistry of your body so it can respond to treatment. There is one piece of bad news about the essential glycol sugars, “They are not sweet,” McDaniel says. (humor)

**There is a lot more information on the subject of GLYCONUTRITION. It is very important for us to understand the incredible dynamic of this new science and how it can change our lives from a health and nutrition standpoint. Instead of waiting for the next newsletter in February, I am going to use a “Healthy Living Flash” document so I can continue to provide this dynamic health information in a weekly format. I believe this information can be life changing when it comes to your short and long term health. If you have family and friends with any type of health issues, I would ask that you let them know about and how to access this information. Thank-you, Dennis**

## **SIMPLE SCIENCE BEHIND EXERCISE**

Most people know that exercise is good for maintaining health. Although this fact has been proven clinically and statistically, the most important information has not been properly acknowledged between science and the public. The truth is that proper exercise (no matter what type of physical condition a person is in) does contribute to both the nurture and the programming necessary for optimal health and healing. How many times have we been told that a little exercise is better than none? How much money has been spent on research and new high tech exercise equipment? How many of us have at least one or maybe several pieces of equipment covered with dust?

There are three main principles pertinent to the science of exercise:

1. The first one is a popular saying among athletes, “Use it or lose it” which sounds like another mantra that became popular in the 80’s, “No pain, no gain,” which is a different claim. What if our bodies are more like computers in this regard than we realize, and all we truly have to do is enough to create a stimulus?

2. The second most sensible principle to exercise pertains to how exercise improves our circulation. Most people do not realize that it also speeds up the lymphatic channels to deal with the third principle on the list, which is how exercise speeds up our metabolism.
3. The lymphatic system constitutes an amazing filtration system in our bodies designed to eliminate the garbage from around our cells, and this should be considered the most important subject in both sports and clinical healthcare. Yet, these matters continue to be mostly neglected.

Speeding up our metabolism is the main reason most people exercise. However, not many recognize the invaluable role of the lymph system with its unique ability to vacuum the metabolic waste from in between the tissue spaces. That would seem typical of a society with a healthcare system dominated by pharmaceutical interests.

It should be very clear that when we do not use our body the way it was intended to be used, we lose! Does it not make sense that our body benefits just by the subsequent contraction, relaxation and stretching of our tissues? Each of these processes just happens to activate the lymphatic vessels that parallel our blood capillaries throughout the entire body. We continue to be amazed every time exercise is proven beneficial to every cell in our body.

## **ALOE VERA (Aloe Barbadensis)**

### **The most versatile medicine in nature**

For centuries, Aloe Vera has been used to treat a number of medical and skin conditions. This miracle plant is also known as the 'harmonious remedy' by the Chinese people, the 'elixir of youth' by the Russians and the 'herb of immortality' by the ancient Egyptians. It originated in North Africa and can now be found almost anywhere that has a mild climate. It is also mentioned several times in the HOLY BIBLE.

Vitamins present in Aloe Vera include B, A, E, and folic acid. It also contains calcium, selenium, zinc, magnesium, chromium and magnesium. 20 out of 22 amino acids are present in this wonder plant. Peptides found in Aloe Vera help strengthen the immune system. The Aloe Vera plant can be used to treat and heal a large number of medical conditions, such as skin wounds, blisters, jaundice, sunburn, acne, frostbite, constipation, fungal infections, asthma, heartburn, expelling intestinal worms, conjunctivitis, herpes, skin rashes, hepatitis, cirrhosis, insect bites and eczema. It is also able to help protect the body against radiation received through x-rays. Aloe Vera can rejuvenate dry skin, heal fungal and vaginal infections, heal psoriasis and urticaria, reduce the appearance of warts and reduce symptoms of rosacea. Those suffering from shingles can also benefit a great deal from using this wonder plant.

The compounds found in Aloe Vera are also able to activate the white blood cells necessary to fight the growth of cancer cells. When used as a paste or lotion, Aloe Vera helps to speed up

the healing of cuts, appearance of blemishes or scars on the skin. Aloe Vera is able to reduce the appearance of fine lines and skin wrinkles and help heal sores and lesions found in the mouth. Aloe Vera is an easy plant to grow and take care of. All it requires is plenty of sunshine each day along with a little water.

There are very few side-effects reported with the use of Aloe Vera products. It may lead to cramps or abdominal pain if used to excess. Overtime the body may adjust to larger doses. The use of Aloe Vera is not recommended for children and those with IBS (Irritable Bowel Syndrome), appendicitis, diverticulitis, haemorrhoids or ulcers. Pregnant woman should avoid the use of Aloe Vera.

Always ensure that your Aloe Vera products are purchased from a reputable source, as there are many different types of the Aloe Vera plant, but only the Aloe Vera (Aloe Barbadensis) is used in the preparation of medicinal treatments and tonics. Aloe Vera juice is used internally and Aloe Vera gel for topical applications.

## **MORE THAN 100 REASONS TO USE COCONUT OIL**

Coconuts are a versatile superfood providing nutrition, health benefits and amazing medicinal properties all wrapped in one delicious package. Coconuts are totally natural, easily available and affordable. Every part of the fruit is useful. I am not going to list the 100 plus uses, but I will list several of the most important health benefits for both coconut oil and coconut water.

### **Green coconut water:**

- Healthy source of hydration and restores electrolytes
- Anti-bacterial, anti-viral, anti-fungal and blood purifier
- Helps prevent vomiting
- Helps dissolve kidney stones; alkalizing urine pH

### **Coconut oil medicinal uses:**

- Kills bacteria, staph infection and yeast fungus
- Inhibits parasite growth
- Eases acid reflux
- Enhances bowel function, relieves and heals intestinal disorders, ulcers, colitis and IBS
- Helps stabilize blood sugar and insulin production
- Improves mineral absorption which promotes stronger bones
- Reduces joint and muscle inflammation
- Regulates thyroid function
- Provides antioxidants to fight free radicals slowing aging
- Relieves symptoms of chronic fatigue syndrome
- Strengthens the liver and protects against degeneration

### **Topical uses for coconut oil:**

- Moisturizes and softens skin
- Promotes firm skin tone, sagging and wrinkles

- Soothes sunburn and promotes healing
- Makes an excellent massage oil, a natural personal lubricant and great sunscreen
- Protects skin and heals infections
- Heals nail and toenail fungus
- Conditions hair, prevents split ends, reduces frizz, controls flaky scalp and dandruff

**Nutritional uses for coconut oil:**

- Enhances absorption of nutrients and improves digestion
- Provides a quick energy source and stimulates metabolism
- Controls food cravings
- Good for cooking at high heat

The coconut palm is often referred to as “the tree of life” among Asian and Pacific Islanders because of its wide range of uses—from traditional medicines, to food and drink, to body and hair tonic and much more.

CHOOSING THE BEST COCONUT OIL: As with any oil, the best is the freshest coconut oil. Look for a product that has been cold or expeller pressed for the freshest flavor; is extra virgin, unrefined and not deodorized with harsh solvents; certified USDA Organic. I purchase my coconut oil from [www.TropicalTraditions.com](http://www.TropicalTraditions.com).

## HEALTHY LIVING FACTORS

If you want to join the ranks of “those people” who rarely get sick, start with the four strategies listed below. This is by no means an exhaustive list, but it does give you a general idea of how to live healthy and avoid getting sick.

1. **Optimize Your Vitamin D3:** The reason this takes the number one position is that if you are vitamin D3-deficient, and many are, your immune system will not activate to do its job. This vitamin produces over 200 antimicrobial peptides that turn on and enhance your immune system. The best way to increase your vitamin D3 level is by limited daily sun exposure. The optimum or recommended supplement dosage for adults is somewhere between 5,000 and 8,000 IU to reach therapeutic levels.
2. **Optimize Your Insulin and Leptin Levels by Avoiding Sugar and Fructose:** Eating sugar, fructose and some grains will increase your insulin level, which is one of the fastest ways to get sick and also experience premature aging. Leptin is a heavyweight hormone associated with disease and the aging process. Sugar also decreases your immune system. A good nutrition plan is based on whole foods and a plant based diet, which will optimize the levels of insulin and Leptin and increase your chances of living a longer and healthier life.
3. **Exercise:** If you are exercising regularly, studies have shown the likelihood of your acquiring the flu or other viral illness decreases dramatically. It is well known that exercise improves the circulation of immune cells in your blood. The better these

circulate the more efficient your immune system is, at defending against viruses and disease. Exercise should become an extremely organized factor in your life, no matter your age or ability and you can start a daily routine by just walking or moving your body.

4. **Learning How to Effectively Cope With Stress:** Stress has a major influence on the function of your immune system, which is why you are more likely to catch a cold or the flu when under a lot of stress. Many studies and the (CDC) Center for Disease Control has stated that 90% of all disease comes from stress. Be sure you take time in life to de-stress and unwind.

Following these guidelines will help you optimize both your health and immune function and minimize your risk of constantly fighting illness and other infectious disease.

## **NATURE'S FAT FIGHTERS**

**ALMONDS:** These nuts are rich in magnesium, potassium and vitamin E, and a good source of fiber, calcium and healthy fats.

**CHIA:** Like super-fruits, this super seed delivers the maximum amount of nutrients with a minimum of calories. Add to your diet slowly.

**CHILI PEPPERS:** These hot peppers contain capsaicin, a phytochemical known to increase the calories burned by raising the metabolic rate.

**GREEN TEA:** Substances in green tea called catechins appear to trigger weight loss by stimulating the body to burn calories.

**WHEY PROTEIN:** In a study of protein, researchers found whey protein supported fat loss and reduced weight more effectively than soy.

Thank-you,  
Dennis Shollenburg

### Disclosure

The information and contents of the Cornerstone of Life website, Sholly Sez blog and Healthy Living Alert newsletter are based on the research and study by the author, Dennis Shollenburg. The information is for educational purposes and is not intended to diagnose or prescribe for any medical condition or claim to prevent treat or cure any disease. The information contained herein is not intended to replace a one on one relationship with a doctor or qualified health care professional. The information is not intended as medical advice, but a sharing of knowledge and information regarding simple changes in your lifestyle that can assist you in becoming healthier and enjoy life to the fullest. The author, Dennis Shollenburg is exercising his right to Freedom of Speech under the Constitution of the United States of America.

# SALVATION

AND CAN IT BE?

And can it be that I should gain  
An interest in the Savior's blood?  
Died He for me, who caused His pain—  
For me, who Him to death pursued?  
Amazing love! How can it be,  
That Thou, my God, shouldst die for me?

He left His Father's throne above  
So free, so infinite His grace—  
Emptied Himself of all but love,  
And bled for Adam's helpless race:  
'Tis mercy all, immense and free,  
For O my God, it found out me!

Long my imprisoned spirit lay,  
Fast bound in sin and nature's night;  
Thine eye diffused a quickening ray—  
I woke, the dungeon flamed with light;  
My chains fell off, my heart was free,  
I rose, went forth, and followed Thee.

No condemnation now I dread;  
Jesus, and all in Him, is mine  
Alive in Him, my living Head,  
And clothed in righteousness divine,  
Bold I approach th' eternal throne,  
And claim the crown, through Christ  
my own

--Charles Wesley, 1738

HAVE A BLESSED AND MERRY CHRISTMAS  
DENNIS AND PEGGY SHOLLENBURG