



Cornerstone of Life  
Healthy Living for Mature Adults

## ((( Healthy Living Newsletter )))

### **A NEW SCIENCE-GLYCONUTRITION PART II**

In my last newsletter, December 2012, our featured article gave you a comprehensive overview on a new health and nutritional science called "GLYCONUTRITION." In January 2013, I emailed to all subscribers, five HEALTHY LIVING ALERTS on how this medical and nutritional science could help and reverse many types of physical health, sickness and disease issues. This is accomplished by giving your body the nutrition it needs and allows our cells to actually communicate with each other. In continuation, I am going to provide information that comes directly from the scientist's and doctor's that have been studying this science for many years and why they think it is the future of modern medicine and nutrition. --Research conducted by John Hopkins scientists showed saccharides, the healthy sugars found in glyconutrients, appear to have the ability to prevent the common cold in children.

--In reference to diabetes, research is showing that adding a natural substance called glyconutrients to the diet, could help prevent pre-diabetic conditions, and possibly reverse or control both type 1 and type 2 diabetes.

--Glyconutrients may help with Chronic Fatigue, Fibromyalgia and other Mystery Maladies by optimizing the body's functions. Glyconutrients can clearly play a role in improving health—and good health makes winning the battle against any illness easier.

--Dr. Lark Landis, PH.D. states that I have recently worked with projects in Africa where AIDS orphans are given glyconutrient supplements. Some of these children are HIV positive and others have been orphaned by the disease. In both groups, the reports by caregivers are just amazing. The children's health is being improved in so many ways, and they are getting back the quality of health that all children deserve.

--There is mounting research suggesting that natural substances called saccharides in the form of glyconutrients, may be able to stop the chronic inflammation linked to heart disease. Glyconutrients may help reduce a host of other cardiovascular disease risk factors.

--Glyconutrients have immune-modulating effects, enabling the body to quash viruses and bacteria that may cause or contribute to heart disease as well as to mitigate.... symptoms that can lead to blood vessel damage and heart disease, states Emil I. Mondoa, M.D., in *Sugars That Heal: The New Healing Science of Glyconutrients*.

--New research from the Karolinska Institute in Sweden indicates that essential sugars found in glyconutrients are critical for optimal and healthy cell to cell communication in the body in reference to chronic inflammation.

--Science Researchers have raised concerns that our modern diets, depleted of most phyto-nutrients and often loaded with chemical additives and pesticides limit our bodies in having the protection of a strong immune system. Research suggests there is a simple way to enhance our immune system by using healthy sugars known as saccharides which are found in glyconutrients.

--Research detailing an immune system-glyconutrient link continues to grow. The findings show strong evidence of increased activity in our immune systems white blood cells (Macrophages) in recognizing and killing bacteria in our body systems.

--In laboratory studies, Texas Tech University scientists found the glyconutrient acemannan stimulates a strong immune response. The research published in the *International Journal of Immunopharmacology*, concluded the saccharide appears to be effective against *Candida*. When this yeast overgrows in humans, it can cause a host of health problems.

I will be continuing Part III of my articles on the new science of Glyconutrition in the next newsletter in April 2013. I will be discussing how glyconutrients are being used by several doctors and scientists in treating specific diseases in patients.

## **NATURAL SOURCES FOR INFLAMMATION, FLU, COLDS AND INFECTIONS**

Garlic is a broad spectrum antibiotic. Unlike chemical antibiotics that kill off millions of friendly bacteria that our body needs, Garlic only targets the invading bacteria and even promotes and increases your healthy bacteria. Garlic is also a powerful anti-fungal and literally destroys any antigen, pathogen and harmful micro-organism.

Onion is garlic's next of kin and has similar but milder actions. Together they are a tremendous fighting duo.

Horseradish is a potent herb for the sinuses and lungs. It opens up the sinus passages and increases the circulation, where most doctors agree, the common cold and influenza often start.

Ginger contains powerful anti-inflammatory properties and is a tremendous circulatory stimulant.

Cayenne (peppers) is the most powerful circulatory propellant known. It simply sends the antibiotic and disease fighting properties of the other herbs where they are needed the most.

Tumeric clears infection and reduces inflammation inside the body. It blocks cancer from developing and is helpful with joint pain.

Apple Cider Vinegar has been used as a tonic for several thousand years. The Father of modern Medicine, Hippocrates used this vinegar.

## **FACEBOOK MAKES PEOPLE MISERABLE, REVEALS NEW RESEARCH**

People who regularly engage in the unreal world of "FACEBOOK" and other social media could be making themselves sick, at least mentally. A comprehensive report on the long-term health effects of using FACEBOOK has found that many of the site's passive user's are far more prone to develop unhealthy feelings of envy, loneliness and all around misery compared to those who spend most of their time living in the real world. The report titled ENVY ON FACEBOOK: A HIDDEN THREAT TO USERS' LIFE SATISFACTION by the INSTITUTION OF INFORMATION SYSTEMS at HUMBOLT UNIVERSITY in BERLIN, GERMANY. This report builds on previous research that has already identified links between FACEBOOK usage and mental conditions such as depression, perceptions of reality, despair, misery and dissatisfaction with their own lives. This research shows that each time a person visits the site these feelings become worse. Researchers found women are more likely to envy the physical attractiveness of others as they present themselves through social media, while both men and women in their 30's tend to envy the "family happiness" of

others in their own age group. Men, in general, were also found to be more likely to promote themselves and their accomplishments on FACEBOOK, giving the appearance that they are highly successful, whether or not it is actually true.

## **SLOWING THE METABOLISM AND GAINING WEIGHT**

Ridha Arem, MD, an endocrinologist and clinical professor of medicine at Baylor College of Medicine, says all of these factors can contribute to a slow metabolism and weight gain.

Meals rich in carbohydrates and animal fat, skipping meals and nighttime eating; Physical inactivity; Stress and anxiety; Depression; Insulin resistance; Sleep problems including sleep apnea; Polycystic ovary syndrome; Menopause; Low testosterone; Thyroid hormone imbalance; Growth hormone deficiency; Toxic buildup in the body; Food sensitivities; Several medications; Bacterial imbalances in the GI tract; Antioxidant deficiency.

## **MILK THISTLE IS NOT JUST FOR THE LIVER AND GALLBLADDER**

Milk thistle (*Silybum marianum*) has been used medicinally for 2000 plus years, especially the seeds. The modern use of Milk Thistle Extract began in 1949. Since then, over 100 clinical trials have been performed on this miraculous herbal medicine. Milk Thistle has successfully saved lives by reversing Tylenol and mushroom poisoning. It strengthens and protects weak veins and the extract is carried in the emergency department of most major European hospitals. Milk Thistle is a very effective treatment for bleeding gums by effectively pulling bacteria and other toxins out of the gums and from between your teeth. Milk Thistle is often a key to resolving pesky skin problems ranging from acne to eczema to psoriasis. Many chronic skin disorders are due to suboptimal liver clearance of toxins, "bad" fats and excess hormones. Another important use of Milk Thistle is to support patients going through chemotherapy. While chemo can save lives, it is very toxic and can permanently damage the heart, kidneys, brain, bone marrow and liver. Using Milk Thistle during and after chemo is not thought to undermine the effectiveness of the chemo drugs and has been shown to reduce likelihood of permanent organ damage. The herb Milk Thistle can be found in the form of tea's, liquid extract, powder and capsules at any natural or organic health and food stores. Our body is continually under assault from a barrage of more than 70,000

chemicals and 900 drugs known to induce liver damage. Milk Thistle supplementation provides an effective tool to protect and heal our primary filtration organ, the liver. Silymarin, the active ingredient in Milk Thistle is also proving to be an important tool that can naturally lower cancer risk, while providing critical support for the heart and prostate.

## **THE PROCESS TO RADIANT HEALTH AND LONG LIFE**

The human body possesses a powerful healing and regenerative chemistry. There is a three part process that awakens this deep healing power and is concentrated in each of the three phases that when the healing potential is released, a long and healthy life is waiting.

### **Foundation Phase – Purification pertains to the blood**

The bloodstream is the body's river of life, an incredible elixir that nourishes, moistens and energizes the organ systems responsible for maintaining our physical existence. The blood performs so many crucial tasks in the body that keeping it pure and flowing is essential to our basic health and well being. If the blood supply is permitted to become overloaded with toxins, then we are establishing the circumstance for inflammation, disease, reduced immunity and this suppresses the body's powerful regenerative chemistry. The following practices will serve the Foundation Phase of blood purity: eliminating manufactured junk and processed foods, maximizing pure, raw and organic foods, colonics, lymphatic massage, sunbathing and herbal organ cleanses.

### **Transformative Phase – Rebalancing pertains to the nervous system**

The autonomic nervous system never stops working as long as we are alive. Operating independent of our conscious awareness for twenty-four hours a day, it keeps all of our organs and all of the machinery that supports our life working together. It also processes a torrent of information coming into our senses every second of our waking day. When the nervous system becomes overloaded, we experience stress or a disharmony in the two phases of the system. The more disharmony in the nervous system, the more the body secretes its own stress chemistry. This increases heart rate, narrows the circulatory system and pollutes the blood even more. Stress also suppresses the body's powerful regenerative chemistry. The following practices will serve the Transformative Phase of rebalancing: rest, pleasurable loving activities, massage, breathing exercises,

conscious exercise, meditation, network chiropractic, acupuncture and harmonizing herbal formulas.

### **Regenerative Phase – Rejuvenation pertains to the endocrine system**

A network of glands set deep in the body: the endocrine system's pathways are the very means by which the energy and essences of nature are converted into the hormones and emotions of human life. The endocrine system has a reach that extends to literally every cell within us. This unparalleled reach, combined with its immense capability to effect hormonal change across the spectrum of human functions, makes the endocrine system home to the body's most profound regenerative potential. When the blood is pure and freely flowing, and when the nervous system is rebalanced and harmonized, we unlock the endocrine system's deepest chemistry, we uncork the secret spring of the regenerative life. The following practices will serve the Regenerative Phase of Rejuvenation: acupuncture, high potency super foods, Qi Gong, powerful hormonal precursor herbs.

**ABOUT THE AUTHOR:** Dr. Angelo Druda practices oriental medicine in Cobb, California and the Author of the book "The Tao of Rejuvenation."

Thank-you,  
Dennis Shollenburg

#### Disclosure

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