

MEND Solutions™
4601 Excelsior Blvd., Suite 300
St. Louis Park, MN 55416
WEB: www.mend.net • PHONE: 952-920-8801

CAMPAIGN GOOD HEALTH™

Healthy Brains, Healthy Lives

Profit Freely from the Valuable Benefits
of the FAST System of GOOD HEALTH

Food Selection

Activity

Supplementation

+ Treatment

System of GOOD HEALTH™

Simple

Practical

Scientifically Sensible



MENDwise

May 5, 2007

Dr. Carl's Corner

Research has demonstrated that conventional daily multivitamins may offer less than robust benefits to vitality because they produce minimal effects on homocysteine or Vitamin B-12 blood levels.

Homocysteine is a toxic by-product of your body's normal methylation reactions. 5-Methyl-tetrahydrofolic acid (folate) and methylcobalamin (B-12) are vitamin coenzymes that are essential for the production of SAdoMet (S-adenosyl-methionine) from the amino acid methionine. SAdoMet is the methyl donor for nearly all methylation reactions.

Adequate intake of folate and Vitamin B-12 ensure that your body can manufacture enough SAdoMet to meet the daily demands of your body's chemistry.

Vitamin C supplements can precipitate Vitamin B-12 deficiency. Research studies since 1950 have shown that the Vitamin B-12 found in a multivitamin can also be damaged or destroyed by Vitamin C and other ingredients.

You can buy SAdoMet supplements. They are expensive and vary in quality. Keep in mind that when SAdoMet is metabolized, it produces the toxic amino acid homocysteine. If you are well nourished, you will regenerate methionine from homocysteine about three times a day.

How can you sustain the vigorous work of your muscles, the nonstop pumping of your heart and the vital activity of your brain?

Methyl donation drives the energy systems of your body in a truly amazing way. As the result of a methylation reaction, your body produces creatine-phosphate. Creatine-phosphate works to quickly regenerate ATP. Without ATP, forget about using your muscles, pumping your heart and fueling the mental muscles of your brain. Creatine-phosphate serves as a special "energy bank" for your body's cells.

Some athletes take creatine as a supplement. It is believed that taking creatine boosts athletic performance by increasing the ability to regenerate ATP during sporting contests. Taking it, however, shuts off the enzyme enabling you to make more creatine naturally. **(Continued p. 2)**

Vital solutions for a rich life. It's simple NOT a secret.

Dr. Carl's Corner - Continued

When you stop taking creatine, your body's methyl machinery must come back on line so you can resume naturally manufacturing more creatine and turn it into high energy creatine-phosphate.

Creatine is eliminated from your body in the form of creatinine. As a result, each day your body must make more creatine to keep its "energy bank" primed and operating. Folate and Vitamin B-12 safeguard your supply of SAME so that you can meet this demand naturally.

Folate confers many health benefits. Nonetheless, it is important to know that folic acid can mask a Vitamin B-12 deficiency. If a Vitamin B-12 deficiency goes unnoticed and untreated, parts of the brain and spinal cord degenerate causing dementia and problems walking.

Vitamin B-12 requirements can be greatly affected by age, medication, dietary habits, and health problems. Vitamin B-12 levels and total plasma homocysteine help determine your Vitamin B-12 status and needs.

In the News

Recent studies suggest that Americans (up to 50%) are not getting enough Vitamin D even though many foods are fortified with it.

Vitamin D is essential for calcium metabolism and bone vitality. Remember rickets?

Vitamin D is the "sunshine vitamin." When you stay out of the sun or wear sunscreen, Vitamin D production plummets.

Usually, fortified foods and supplements contain Vitamin D2. The form of the vitamin that is closest to bioactive Vitamin D is Vitamin D3, not D2. With this in mind, it makes sense to use a superior Vitamin D3 product that is derived from purified fish liver oils and is free of Vitamin A.

You can purchase Vitamin D3 400 I.U. (100 softgels) for \$7.95. Vitamin D3 is one of the "key-team" of four nutritional supplements that Dr. Hansen recommends for vitality.

Fun Finds

We have a great selection of Mother's Day (Sunday, May 13th) gifts: lusciously scented bubble bath and shower gels (\$5.95), the world's best hand lotion (\$12.95), Make New Friends Greeting Cards (sets of Bunnies Biking, Hiking and Rollerblading – Fruits, Vegetables, or an assortment of each – all Baker's Dozens (\$12.95), your favorite nutritional supplement (e.g. Premium Brain Support™ - \$49.95), and assorted Gift Baskets (which also can be custom designed).

Copyright©2007 by MEND. ALL RIGHTS RESERVED. MEND Solutions and the FAST System of Good Health are trademarks of Developmental Neurobiology and Ecology, Inc. (dba MEND).

Laurie's Corner

In honor of Cinco De Mayo I thought it would be nice to share what my family fondly calls "Sam's Dip." Sam, one of my five brothers, and I lived together in San Diego, CA and ran a catering business called "Oui Cater." When we started the business, Sam "couldn't peel a carrot" but he learned quickly. Before long, he was even able to peel, not to mention pronounce and spell: jicama!

Sam's Dip

1 can (11 oz.) shoepeg corn (drained)
1 can pinto (15 oz.) or aduki beans (15 oz.) (drained)
1 jar salsa (16 oz.)
1 half bunch of fresh cilantro (chopped)

Mix all together and serve with corn chips. Whenever we serve it, there is always someone in the crowd who wants to (and has!) licked the bowl. Ole!

I created some really tasty enchiladas using Sam's Dip as a base.

Try them without any chicken, cheese or sour cream for a vegetarian delight!

The recipe is available on the web at <http://www.mend.net/recipes/enchiladas.html>

This 'N That

Speaking of peeling carrots, the Food and Drug Administration has recently published the "Guide to Minimize Microbial Food Safety Hazards of Fresh-cut Fruits and Vegetables."

You may recall the problems linked to the packaged, ready-to-eat peeled mini carrots. One of the main problems was bacterial contamination. It was caused by "breaking the natural exterior barrier of the produce by peeling, slicing, coring, or trimming the produce with or without washing or other treatment BEFORE the produce is packaged for consumers."*

When you buy the ready-to-eat produce, you have NO CONTROL over how it has been processed or handled. You have a food safety advantage if you buy produce that is not pre-packaged and clean it well BEFORE peeling or cutting into it. We clean all fruits and vegetables with the all-natural, anti-bacterial/microbial NutriBiotic GSE (Grapefruit Seed Extract) (4 fl.oz.) for \$19.95.

It pays to be a stickler and wash ALL fruits and vegetables well BEFORE cutting into them – especially melons, pineapple and even BANANAS. A prudent food-safe teacher recently said, "just think of all the monkeys who have touched those bananas!"

*<http://www.fda.gov/bbs/topics/NEWS/2007/NEW01584.html>