



NEW SPIRIT
NATURALS



DEFENSE

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America spent \$950 Billion on health care maintenance in 1992 and the costs keep escalating. The primary assault of the medical community has been aimed at eradicating the bacteria and viruses, mutant cells and genes that cause diseases as short term as the common cold and as life threatening as cancer and HIV.

Despite the excessive resources employed against debilitating life threatening disease, statistics give an ominous premonition in skyrocketing cancer and HIV rates and the growing ineffectiveness of yesterday's miracle drugs, including what was once hailed as the "cure all": **Antibiotics.**

The medical community is facing a crisis, if not a 'meltdown', as drugs used to overpower disease are now being recognized as the very cause of what is undermining the patient's health and vitality, causing well Documented side effects that enhance the proliferation of the disease process.

Over 300,000 annual deaths in America are attributed to drug and surgery complications, affectionately called iatrogenic deaths. According to the FDA, the Center for Disease Control and the Public Citizen Health Research Group, one year of adverse prescription drug reactions include:

- 61,000 people with induced parkinsonism
- 32,000 hip fractures, including 1,500 deaths
- 16,000 injurious car crashes (attributed to drug reactions!)
- 163,000 individuals with memory loss
- 659,000 hospitalizations
- 28,000 cases of life-threatening or fatal reactions to digoxin (digitalis) 41,000 hospitalizations, including 3,300 deaths, from aspirin-like compounds. Approximately 9.6 million older adults each year suffer adverse drug reactions.

The evidence is clear that our emphasis must shift from what is making us sick to what can keep us well.

The immune system is the most sensitive system of the body.

In an amazing dance, 20 trillion immune cells circulate throughout our bodies to kill bacteria, virus, yeast or cancer cells. Cells throughout the body duplicate all day at a blinding pace. When they are not copied exactly as they should be, an emergency call brings elements of your immune system to find and destroy these abnormal cells. For example, experts agree that most people get cancer - a proliferation of abnormal cells about 6 times per lifetime. However, only one in three people will develop detectable cancer due to the surveillance of an alert and capable immune system!

Historically, natural "tonics" have been used to effectively stimulate the body to maintain a strong immune response necessary to inhibit the growth of many viruses and microorganisms. Often the benefits of these natural substances are mild, however, in combination the benefits can become significant - so significant that virtually all drugs were originally developed from natural substances until a later synthetic analog could be made in the lab.

NUTRITION WITH INTENTION™



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Some herbal compounds have shown their potential as "*Host Defense Potentiators*". The following information is an attempt to discuss some of the most documented potentiators of the immune system. A healthy immune system is our best line of defense against disease and the key to vibrant health.

Echinacea **E.purpurea & E.angustifolia**

Originating in North America, this powerful herb has long been recognized for improving the body's own resistance in infectious conditions of all kinds, particularly influenza and colds. Its immune bolstering properties are well documented in experiments conducted in major hospitals throughout the 19th century. In more recent years, researchers have pinpointed the mechanisms by which Echinacea may work to prevent infection. One of the primary defense mechanisms of the body is known as the hyaluronidase system. Hyaluronic acid (HA) is the substance that is formed in the tissues between cells to "cement" them together. It forms a very effective barrier against infection. There is an enzyme that attacks HA in a way that science does not yet fully understand. When it does, the HA quickly loses viscosity, like jello turning to water. This becomes the weak link in your defense system. If the enzyme is allowed to destroy the integrity of the HA barrier, pathogenic bacteria, such as staph and strep, penetrate the tissue and make you sick.

A similar mechanism is thought to be involved in rheumatism and tumor formation and at the beginning of malignancy. Echinacea has been shown to prevent the enzyme from dissolving HA. The herb also acts to inhibit the spread of infection that may have already occurred by combining with the HA to form a complex that is resistant to enzyme invasion and that facilitates fibrous connective tissue regeneration.¹

With intense interest focused on the immune system, Echinacea provides a remarkable model for "immunostimulation"

- It exhibits **cortisone-like activity** that can account for its reputation for anti-inflammatory activity.²
- It has a **stimulating effect on the lymph system**, increasing the body's ability to carry waste tissue away from areas of infection.³
- Echinacin, the active constituent of Echinacea, encourages the body to increase its **natural production of interferon**, an important protein that blocks the multiplication of RNA and DNA containing viruses. This property has long given Echinacea the reputation for effectiveness against herpes, influenza, canker sores, etc.⁴
- German research has supported all of the benefits listed, plus demonstrated the ability of this popular herb to **stimulate Tcell activity**, an important mediator in the body's immune system.⁵

Echinacea is probably the best detoxifying agent of any herb known to the Western Herbalist.
Jon D. Kaiser, M.D.

Astragalus **Astragalus membranaceus**

Known as an organ toning and balancing herb, Astragalus provides a powerful stimulus to the immune system. Astragalus is the dried root of a perennial that attains a height of about 20 feet and is grown in Northern China. According to traditional Chinese Medicine, Astragalus is classified as a warm, sweet tonic that enhances the functioning of the spleen and lung. It is recommended for general strengthening, treating excessive perspiration, eliminating toxins and promoting the healing of damaged tissues. In addition, it is used for the treatment of edema, night sweats, skin ulcerations and abscesses. Analysis of Astragalus has revealed some of the following components that are responsible for its active effect: *polysaccharides, gluconic acid, mucilage, amino acids, choline, betaine, folic acid, kumatakenin, and flavones, including quercetin, isorhamnepin and ramnocitrin*. Several fractions of polysaccharides are believed to be responsible for the major immune stimulating effect of Astragalus. When injected into rats, they increase the number of macrophages, enhance T-cell transformation (from suppressors to helpers), and increase phagocytosis. In mice, Astragalus has been shown to promote the ability of the immune system to produce interferon and increase the cleaning rate of toxins.⁶



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In human and clinical trials, Astragalus has demonstrated its ability to substantially increase the one, three and five year survival rate of cancer patients receiving chemotherapy or radiation therapy.

Additionally, Astragalus has been shown to increase the number of antibodies (IgA and IgG) in the blood and to induce the production of interferon by white blood cells. ⁷ Astragalus may also be an effective protector against the ravages of chemotherapy. Some of the standard anticancer drugs cause degeneration of the liver which expresses itself as an elevation of key liver enzymes. Such enzyme activity was not elevated in a group of animals that received Astragalus in addition to chemotherapy.⁸

Gold Thread Coptis chinensis

This herb, *Coptis chinensis*, is known in Chinese Medicine for its ability to dispel excessive body moisture (dampness or edema) and heat. (Heat in Chinese herbology means hyperactive function, not necessarily a feeling of heat.) In addition, it is known to stimulate the secretion of saliva, gastric and pancreatic juices, as well as stimulate the activities of the gastrointestinal tract. Gold Thread contains a substance (berberine) which increases formation of bile and reduces its thickness (to help the flow of bile). It is very good for chronic gall bladder inflammation. Some references indicate that it is known for its natural antibiotic effect, especially when some bacterium have developed resistance to chemical drugs. It appears to strengthen the body in its effort to inhibit the influenza virus.

Other references indicate its effectiveness against symptoms of excessive heat, high fever, delirium, disorientation, anxiety, irritability, insomnia, emaciation, thirst, sore throat and red tongue. Chinese references recommend Gold Thread for abdominal pain and cramps, vomiting, acid regurgitation, diarrhea and dysentery. It is also used for tenesmus (ineffectual and painful straining at stool). In vitro (test tube), Gold Thread has a strong inhibitory action against hemolytic streptococcus pneumonia (the organism most often causing lobar pneumonia.) It is also recommended as a treatment for tumors, boils, and carbuncles (inflammations under the skin). ⁹

Defense™ contains a unique blend of mushroom extracts and herbal extracts to help support our normal immune system and provide a natural adaptogenic factor for good health.†

Directions: To maintain your good health, take one or two capsules daily. To dramatically enhance your natural Defense, take two capsules twice daily. For best results, take Defense™ up to 2 hours following a meal.

Store in a cool, dry place. Keep out of reach of children.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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Defense™

An Immune Factor Formula
with Astragalus • Cat's Claw
Echinacea • Reishi • Aloe Vera

DIETARY SUPPLEMENT

90 Capsules

Supplement Facts

Serving Size: Two Capsules
Servings per bottle: 45

	Amt Per Serving	%DV*
Proprietary Blend	50mg	*
Reishi Extract 4:1 (<i>Ganoderma Lucidum</i>), (Fruit body)		
Reishi Mycelia Extract (<i>Ganoderma Lucidum</i>), (Fruit Body)		
Echinacea P.E. 4% Extract (<i>E. angustifolia</i> & <i>E. purpurea</i>) (Root)	125mg	*
Astragalus (<i>A. membranaceus</i>) (Root)	50mg	*
Cat's Claw Powder (<i>Uncaria tomentosa</i>), (Bark)	50mg	*
Golden Thread Extract (<i>Coptis chinensis</i>)	75mg	*
Aloe Vera Concentrate (<i>A. bardadenis</i> 200X)	2mg	*

*Daily Values have not been established. #2055

These statements have not been evaluated by the FDA. Information contained in this bulletin is for informational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. In all cases, its is recommended that you consult with your healthcare professional before initiating a supplement program.