



In the News

The **FAST System of Good Health™** provides a simple, practical, and scientifically sensible approach that can be used every day.

Newsweek's cover story, March 26, 2007, reported on the importance of activity (the **A** in **FAST**):

"Exercise does more than build muscles and help prevent heart disease. New science shows that it also boosts brain power..."



CALLING ALL VEGETARIANS!

Premium Brain Support™, B Calm™, Calcium Calmer™ and Magnesium Helper™ capsules are now vegetarian! See how happy Richard Hansen is about that change. After spending two months in Peru during Spring 2006 and dining on one of the Peruvian delicacies (GUINEA PIG) don't be surprised if he becomes a vegetarian. Here he is with his LLAMA friend (He hopes his llama friend will NOT become someone's dinner).

Dr. Carl's Corner

Homocysteine, a toxic amino acid, is associated with a wide range of health problems including depression and dementia.

Who is at risk of developing high homocysteine levels?

Vegetarians, vegans, people who eat very little meat, people with digestive and/or liver problems, those who drink alcohol, take certain medications, or have an infection are at a greater risk of developing high homocysteine levels. They may not be able to absorb or metabolize synthetic vitamins or the building blocks of coenzyme vitamins found in food.

The body rids itself of homocysteine build-up with the aid of the coenzyme vitamins and key nutrients found in Premium Brain Support™. It contains bioactive Vitamin B-12 (Methylcobalamin) and stabilized, bioactive Folate (Calcium Folate), and Biotin.

Methylcobalamin works with 5-methyl-tetrahydrofolate to regenerate the beneficial amino acid, methionine from the toxic amino acid, homocysteine.

Methylcobalamin is the most plentiful form of Vitamin B-12 found in the body.

Another coenzyme Vitamin B-12 (adenosylcobalamin) is found in the mitochondria (the cell's energy factories). It helps build healthy membranes and participates in important biochemical reactions.

What goes wrong when you don't have adequate amounts of Vitamin B-12 or Folate?

About one-third of all depressed patients have low levels of Vitamin B-12 or Folic Acid.

A Harvard study linked Alzheimer's disease to elevated homocysteine blood levels.

About 16% of dementia patients are Vitamin B-12 deficient.

Dementia and heart disease are also more common in depressed people.

Scientific research has repeatedly demonstrated the value of B Vitamin supplementation.

To improve mood, support memory, and reduce homocysteine levels, Premium Brain Support™ was created to provide you with an affordable, coenzyme quality supplement supporting brain vitality.

ADDED BONUS FOR VEGETARIANS AND VEGANS:

Brain Support™ is especially beneficial for vegetarians and vegans. Vegetarian capsules are used rather than gelatin capsules (animal-based).

Inadequate Vitamin B-12 intake is a problem for about 50% of vegetarians and nearly 85% of vegans.

Vitamin B-12 comes from foods such as meat, poultry, fish, eggs, and dairy products.

This 'N That

Zapping your kitchen sponge in the microwave for one to two minutes on high can reduce bacteria levels (including E. coli) by almost 100%.

Be sure to zap only damp sponges which contain no metal, or you might see some unwanted fireworks.

These findings were reported in the December 2006 edition of the Journal of Environmental Health.

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Laurie's Corner

Did you ever wonder how Dr. Seuss made eggs green?

I learned as a teenager - experimenting on my parents and siblings. It is easy - just make an omelette with blueberry jam!

Growing up I preferred reading cookbooks to novels.

I loved fantasizing about how a certain recipe would look and taste.

I would spend hours creating, re-creating and re-designing recipes to suit my whim... often to the chagrin of my family! A giant purple (meant to be egg-shaped) oatmeal cookie comes to mind!

Now that Dr. Carl and Richard have become my new "guinea pigs" I will be sharing recipes they have given me the "two thumbs up" on - and others that were just plain flops!

And, since I recently became a certified food handler, I'll be passing along helpful tips for you in the kitchen!