

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

October 20, 2007

Dr. Carl's Corner

MEND Solutions™ Health Formulas are the next generation of nutritional supplements. They combine state of the art technology and science to offer unparalleled benefits as we all face the global challenges of living in the twenty-first century.

Their bioactive and biosafe design and manufacturing create new standards for nutritional supplements.

Every step of manufacturing meets or exceeds industry standards.

The standard operating procedures provide an accounting of what has been done and how and when it was done in the manufacturing.

Records document every step involved from the selection of the raw materials through the delivery of the final product.

Strict in-process quality control standards are used with each and every batch of products.

As part of the standard operating procedure, ingredients

are tested. This examination includes:

1. Analytic analysis
2. Physical analysis
3. Microbiology.

Analytic analysis is geared to the nature of the ingredients. For example, it may be necessary to check for pesticides, heavy metals, radioactivity, or microbiological contaminants.

Why? Many parts of the world have been contaminated with lead, mercury, pesticides, or other contaminants.

Impurities can find their way inadvertently from the environment into ingredients and finished products.

Some producers also treat seeds and plants with chemicals that have been banned in the United States since the 1960's or 1970's because they are dangerous.

Lead sheets have been used for drying plants. Some manufacturing plants use pipes joined together with lead solder that may contaminate a product or solution. Others operate in an environment where the air and water are highly polluted.

Given the reality of our polluted world, biosafety cannot be taken too seriously in light of reports of contaminated food, medicine, supplements, and consumer products.

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

Dr. Carl's Corner - Continued

Consequently, the unique MEND Solutions™ Health Formulas are tested for lead, arsenic, mercury, and cadmium in an independent laboratory using state of the art ICP-mass spectroscopy **at the end of the manufacturing process.**

Physical analysis looks at the hardness of the product, how well a tablet or capsule disintegrates or dissolves, and how well the product releases active ingredients.

Cold processing technology is used whenever possible to reduce the exposure of the ingredients to moisture and heat. Distillation is preferred over solvent extraction because solvent residues, pesticides, or heavy metals can remain in a solvent-extracted ingredient, like DHA (fish oil).

With the MEND Solutions™ Health Formulas, a meticulous scientific approach assures that each capsule, tablet, or liquid product is uniform in its content and potency.

Check other brands of supplements and you will see that they use cheap, inert vitamins, such as cyanocobalamin. Note the combination of ingredients found in other brands. It's no surprise they are poorly absorbed, biologically inactive, or even dangerous for your body's chemistry.

You can rest assured that you receive a "bigger bang" for the buck with MEND Solutions™ because of the attention to bioactivity and biosafety.

In the News

Just as harried parents have been alerted to the risk of lead-contaminated toys, they are now confronted with the news that cosmetics like LIPSTICK contain lead.

Once lead enters a person's body, it remains and accumulates over time.

Lead, and other heavy metals, can be present as an impurity in ingredients used in foods, cosmetics, and drugs.

Absorption of lead in lipstick begins on the lips. No doubt, it increases while eating or drinking. Lead can even be passed on to another with a kiss!

One ingredient may have a negligible effect but the aggregated amount of lead over all the products a person uses can add up.

One might think that this type of lead exposure would be nominal, but as suggested in **Glamour** (June 2002) a woman might ingest 4 lbs. or more of it during her lifetime!

Fun Finds

Clean your high nutrient organic fish, chicken or meat as well as all your fruits and vegetables with GSE – NutriBiotic® Grapefruit Seed Extract Liquid Concentrate (\$19.95 for 4 fl. oz.)

How can you treat your water on your outdoors adventure without using chlorine tablets? No problem with Traveler's Friend – the natural way to protect yourself against the common problems associated with water when you are traveling. NutriBiotic® Traveler's Friend Natural Treatment for Drinking Water (\$4.95 for 0.3 fl. oz.)

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

Every fall I think APPLES! A couple of years ago we planted two apple trees (State Fair and Haralson) but, our young trees have produced only small yields so we love to go to the apple orchards for an assortment of the tree-ripe ruby, green, and golden orbs.

My dad has always been health-conscious. When we were growing up he wouldn't let us eat anything with preservatives, artificial colors, or pesticides. All eight of us kids would watch in wonder as he boiled water and poured it over apples! We thought that was pretty weird, but he told us that was the only way to remove the wax that bound pesticides to the apple. Now I don't think that is weird at all and save myself the hassle by buying organic.

My mom made a great Waldorf salad. I've taken her basic recipe and added some of my own touches.

Laurie's Waldorf Salad

- 2 apples (2 different kinds) – diced
- 2 stalks celery – ribs removed and diced
- ½ - ¾ cup raisins
- ½ - ¾ cup red grapes – halved
- ½ cup mayonnaise
- 1 Tbsp. yellow mustard
- ½ cup walnuts – chopped - toasted

Mix all ingredients together except walnuts. Right before serving, toast walnuts in toaster oven (5 minutes at 350 – stirring occasionally) and place on top of the salad.

By adding chicken and some other ingredients, I've come up with two entrée salads:

Chicken Cranberry Waldorf Salad

- Make Laurie's Waldorf Salad and add:
- ½ - ¾ cup canned whole cranberry sauce
- 1 cup diced cooked chicken or turkey

Mix all together and top with toasted walnuts.

Chicken Curry Waldorf Salad

- Make Laurie's Waldorf Salad and add:
- 2+ Tbsp. mango chutney (chop any large pieces of mango)
- ½ Tsp. curry powder (or to taste)
- Slivered almonds or peanuts

Mix all together and top with toasted nuts.

This 'N That

Enemies of your vitamins are heat, light, air, and moisture. Here are some helpful tips to keep your vitamins protected:

1. If you use vitamin organizers, make sure they are impervious to sunlight.
2. If you carry your vitamins in the car, be sure to keep them in an insulated cooler.
3. If you put your daily dose of vitamins in a resealable plastic bag, keep them out of the light.
4. If you take Premium Probiotic – keep it in the freezer.
5. DO NOT store your vitamins in the refrigerator.