

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
Scientificallly Sensible



MENDwise

November 3, 2007

Dr. Carl's Corner

About one-third of depressed people have low levels of Vitamin B-12 or folate.

Research shows that homocysteine, a toxic amino acid, is associated with depression.

Vitamin deficiencies are also associated with dementia. For example, about 16% of dementia patients have Vitamin B-12 deficiency.

Not surprisingly, a Harvard study linked Alzheimer's disease to elevated homocysteine blood levels.

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

Studies show folic acid supplementation reduces the risk of spina bifida and other neural tube defects. As a result, it has been added to foods.

Folic acid fortification, however, can mask Vitamin B-12 deficiency. Taking a Vitamin B-12 supplement can help avoid this risk.

Worldwide, one in five pregnant women has folate deficiency.

Digestive problems are commonplace and can prevent your body from absorbing vitamins from food.

In Guatemala, one in three children has deficient or marginal Vitamin B-12 levels. They have chronic gastrointestinal infections or bacterial overgrowth, which interferes with Vitamin B-12 absorption.

If you drink any alcohol or take certain medications, you may not absorb vitamins found in food or metabolize synthetic vitamins.

Vitamin B-12 supplementation is essential for vegetarians and vegans.

They run the risk of developing Vitamin B-12 deficiency. Excluding food that is richest in Vitamin B-12 from the diet can lead to elevated homocysteine levels.

The body rids itself of homocysteine build-up with the aid of coenzyme vitamins.

Methylcobalamin and 5-methyltetrahydrofolate are two coenzyme vitamins that help regenerate methionine from homocysteine.

Methylcobalamin is the most common form of Vitamin B-12

Dr. Carl's Corner - Continued

found in the body.

Adenosylcobalamin is a coenzyme Vitamin B-12 found in the mitochondria (the cell's energy factories). It helps eliminate methylmalonic acid within the mitochondria.

Coenzyme Vitamin B-6 (pyridoxol-5-phosphate) helps convert homocysteine into cysteine.

Pyridoxol-5-phosphate is safer and easier to absorb than synthetic Vitamin B-6 (pyridoxine).

The average daily intake of pyridoxine is 120 mg. Many women take too much pyridoxine. Above 200 mg. a day, an average-sized person runs the risk of developing liver and peripheral nerve damage.

Body size must be considered when estimating daily requirements and risks. A smaller person can develop liver or nerve damage from even less than 120 mg. a day of pyridoxine, given their smaller biomass.

Hepatitis and other liver diseases, or taking certain medications may cause problems metabolizing pyridoxine.

In the News

British scientists found that unmetabolized synthetic folic acid finds its way into the bloodstream when the amounts in fortified food and supplements outstrip the metabolic capacity of the small intestine and liver (bioaggregation).

The scientists are concerned that the unmetabolized folic acid may build up over time (bioaccumulation) and produce serious problems.

Food contains naturally occurring folates. The body transforms them into two coenzyme vitamins, i.e., folinate and 5-methyltetrahydrofolate. These coenzyme vitamins enable your body to sustain DNA synthesis and methylation.

From the beginning, Premium B Calm™ and Premium Brain Support™ have contained calcium folinate. It is a coenzyme folate, free of the risks of unmetabolized folic acid, and therefore, bioactive and biosafe.

This 'N That

Making FRUIT SMOOTHIES every day can get more challenging as the winter approaches, but bananas, pears, and apples will remain plentiful.

For your next smoothie, try a banana, pear (washed but not peeled) and frozen raspberries/mixed berries for a taste thrill!

Fun Finds

Treat yourself or your friends to the miracle of Grapefruit Seed Extract (GSE). GSE is a secret weapon against germs with numerous anti-bacterial/anti-microbial properties. It can be used internally at the first sign of a cold or flu. Gargle away a sore throat and/or rinse away sinusitis or an earache. It can also be used externally to naturally "disinfect" everything from toothbrushes to cutting boards and other household surfaces. 4 fl. oz. \$19.95.

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Laurie's Corner

As the bounty of summer's fruits wane, the magnificent PEAR appears. The perfect pear is succulent and sweet and adds just the right touch to fruit smoothies, salads, and even fruit crisps!

Here is one of our favorite salads. It's ideal to serve at a dinner party:

Pear and Avocado Salad

Mixed salad greens

1/2 pear per person, cored and sliced lengthwise

1/2 avocado per person, peeled and sliced lengthwise

Parmesan (chunk)

Olive Oil

Lemon

Balsamic Vinegar

Walnuts – chopped - toasted

1. Place the first 3 ingredients on salad plates. Alternate pear and avocado slices in a spiral fashion.
2. Thinly slice (paper-thin) Parmesan with a sharp knife into 1/2 - 3/4" squarish pieces (a chocolate/Parmesan shaver works perfectly) and place on salad.
3. Drizzle with olive oil, fresh lemon juice and balsamic vinegar (in this order).
4. Right before serving, toast walnuts in toaster oven (approx. 5 minutes at 350 – stirring occasionally) and place on top of salad.

Enjoy the buttery richness and contrasting textures and flavors!

To make this an **entrée salad** – add tuna (tuna steak, cooked, or right out of the can or made into tuna salad) and use toasted slivered almonds instead of the walnuts.

Pear Crisp

Grandma Lund made the best apple crisp known to man! I've taken some liberties with her recipe and created a PEAR CRISP that Grandma would surely love!

Topping:

1/4 cup butter (1/2 stick), softened

3/4 cup flour (organic, unbleached)

3/4 cup brown sugar

Filling:

4 large ripe, but firm pears – (Red Bartlett's work great)

1Tbsp of flour

1 Tsp cinnamon

2 Tbsp maple syrup

2 – 3 pieces candied uncrystallized ginger - sliced thin

1. Cream butter and sugar in a bowl, then mix in flour.
2. Wash pears and dice (3/4" cubes).
3. Put pears in buttered 8" or 9" baking pan.
4. Sprinkle pears with flour and cinnamon and stir.
5. Drizzle with maple syrup.
6. Sprinkle candied ginger evenly on top.
7. Place topping over pears, pressing down evenly.
8. Bake uncovered at 350 degrees for 35 minutes.