



## The MEND Commitment to Quality

ConsumerLab, an independent laboratory whose stated mission is “to identify the best quality health and nutrition products through independent testing,” analyzed 21 popular multivitamins earlier this year.

The results were unsettling.

Twelve multivitamins tested fell below basic quality standards. A number of them contained quantities of vitamins that failed to match product labeling.

A multivitamin, marketed to children, exceeded the Upper Tolerable Level of Vitamin A established by the Institute of Medicine. Too much Vitamin A has been linked to weakening of the bones and liver abnormalities.

One women’s multivitamin contained excessive amounts of lead. Lead damages the nervous system at

lower levels than previously thought.

The ConsumerLab study illustrates why MEND has always been concerned about people in the supplement industry who compromise safety and quality.

“Pharmaceutical-grade” has been put forth as the gold standard for drugs and also supplements.

Advances in chemical analysis and manufacturing, however, make it possible to raise the bar when it comes to drug and supplement purity.

Consequently, MEND goes to great lengths to ensure that our supplements exceed safety standards required for pharmaceutical grade products.

MEND initiated a rigorous testing program with Medallion Labs, an independent third-party laboratory in July

2007.

State of the art technology (i.e., induction-coupled mass spectroscopy) enables us to test products with a degree of precision that surpasses our competition.

The products tested passed with flying colors and this rigorous testing program has been expanded.

All ingredients are also inspected before they are used in the MEND products. If anything fails to meet the stringent, self-imposed standards, it is not used.

Why set such high standards and perform more tests than anyone else in the supplement industry? Because you deserve to know that you’re getting safe, top-quality supplements designed to strengthen your body and enhance your mind.

## The Skinny on High-Fructose Corn Syrup

By Richard Hansen

High-fructose corn syrup has received more negative attention in the past few years than any other food ingredient on the market.

Many health-conscious individuals identify it as public health enemy number one, responsible for America’s growing obesity epidemic.

In the 1970’s, U.S. companies began using high-fructose corn syrup instead of white sugar as a sweetener. This substitution was precipitated, in part, by U.S. tariffs on imported sugar that made it more profitable to use high-fructose corn syrup.

High-fructose corn syrup is found today on the ingredient lists of everything from soft drinks and Oreo cookies to ketchup and salad dressings.

It has been calculated that between 1970 and 1990, per capita consumption of high-fructose corn syrup increased by 1000%. Over that same period, the number of overweight Americans soared.

Some viewed this as the “smoking gun” that linked high-fructose corn syrup to America’s expanding waistline.

A 2004 article in the *American Journal of Clinical Nutrition* argued “the increase in consumption of high fructose corn syrup has a temporal relation to the epidemic of obesity, and the over-consumption of high-fructose corn syrup in calorically sweetened beverages may play a role in the epidemic of obesity.”

Most scientists now agree that this relationship is probably coincidental and not grounds for a “guilty” verdict.

A person needs to know about sugars and how the human body processes them in order to understand the science behind these conclusions.

Sucrose is the scientific name for what most people recognize as white or table sugar. Sucrose consists of 50% glucose and 50% fructose. These two simple sugars are joined in a molecular bond. Inside the body, enzymes

break down this bond and then the sugars are metabolized separately.

Unlike glucose, fructose does not stimulate the release of insulin. As a result, the consumption of fructose does not produce a sensation of “fullness,” that can facilitate overeating.

The chemical structure of fructose is also more easily converted to fat, and has been tied to triglyceride fat deposits in the liver.

These adverse health effects associated with fructose raised concerns about high-fructose corn syrup, which has replaced sucrose in most food products.

Many people did not realize that high-fructose corn syrup is only “high” in fructose when compared with regular corn syrup, which is 100% glucose.

High-fructose corn syrup is made using a process of molecular modification that converts 90% of the glucose

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# Dr. Carl's Corner

When nutritional gaps are considered, history repeatedly demonstrates how people are misled by experts who claim, "you can get everything you need through a balanced diet."

A nutritional gap is the difference between what nutrients are present in your diet and what you need to develop, sustain, or recover good health.

Geography creates nutritional gaps. Take iodine deficiency as an example. Around 1900, it was discovered that iodine deficiency caused a host of medical problems.

In America, iodine was added to salt as a supplement and goiter became an infrequent medical problem here in the Midwest. The ocean provides iodine to the people living nearby the coast, but Minnesota's environment lacks an adequate source of iodine.

Near the end of the twentieth century, the Kiwanis Iodine Deficiency Disorder (IDD) Project was born. The Gates Foundation saw the value of eliminating iodine deficiency disorder and partnered with Kiwanis on this supplementation project.

Although the initial financial goals of the IDD project have been reached, the complete elimination of IDD must still be achieved.

Large regions of Asia and Central Africa face ongoing problems with IDD as a result of historical and political issues. Programs must be tailored to meet the reality of the world's diverse geography, cultures, and history.

I first learned about the IDD project when I spoke to a Kiwanis club in Northeast Minneapolis. On that day, I realized that my technical knowledge about supplementation had value to everyone, not just people with rare and complicated genetic diseases.

Advances in science have shown that diet must be tailored to meet individual needs. Nutritional supplementa-

tion can be systematically used in the same way to fill nutritional gaps.

Agricultural practices have placed a premium on maximizing production, but have sacrificed nutritional quality for quantity. This reality has increased the need for supplementation.

I plan to explain in upcoming columns how and why the MEND Solutions Health Formulas were created to fill the nutritional gaps in our lives.

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## Corn Syrup - Continued

in regular corn syrup to fructose. This fructose is mixed with regular corn syrup to create the two most common formulations, HFCS-55 and HFCS-42.

HFCS-55 is 55% fructose and 45% glucose. HFCS-55 is used in most soft drinks and sweetened beverages.

HFCS-42 is 42% fructose and 58% glucose and is not as widely used as HFCS-55.

High-fructose corn syrup is similar to sweeteners like sucrose in terms of its fructose and glucose content.

Scientists, who are aware of this similarity, have concluded that the increase in obesity rates would have occurred even if high-fructose corn syrup was never developed.

The growing global nature of the epidemic supports this assertion because high-fructose corn syrup is not widely used in other countries.

The message here is simple. It is not so much the type of sweetener that is causing weight gain, as much as it is the "super-size" quantities of sweeteners Americans consume in soft drinks and other foods.

Another controversy surrounding high-fructose corn syrup is the debate about whether or not it is natural.

Because the U.S. Food and Drug Administration has no solid and overarching guidelines for declaring a food ingredient "natural" some products that contain high-fructose corn syrup are advertised as "natural" or "all-natural."

Corn syrup producers maintain that high-fructose corn syrup is natural because it has no synthetic additives and is made completely from corn.

Critics contend that while high-fructose corn syrup is made from corn, the heavily processed nature of the product makes it highly "unnatural."

## In the News...

If you have children or grandchildren you may know that the hot item on most kids' holiday wish lists this past year was a Nintendo Wii.

The Wii is a new interactive video-game system that allows a person to play a variety of virtual sports including bowling, tennis, and boxing.

Unlike other video and computer games that involve little or no movement, the Wii requires players to move as though they were playing a sport.

Health professionals have taken note of the Wii's popularity. Some now view it as a healthier alternative to more sedentary video games.

A 2007 study published in the *British Medical Journal* researched the amount of energy children expended when playing Wii Sports in comparison to other entertainment systems like the popular Xbox 360.

The scientists discovered that children burned significantly more calories while playing Wii tennis and boxing than when playing the Xbox.

The researchers made it quite clear, however, that this level of exertion was not comparable to playing an actual sport.

So while the Wii may be an improvement from traditional video-games, it is simply no substitute for the "real thing," good, old-fashioned exercise.

## This 'N That

**Teeth Brushing Tip.** We all know that brushing your teeth is a good thing to do. The act of brushing removes bacteria from your teeth and gums. But what you don't know (or probably hadn't thought about) is that the next time you brush, those very bacteria you removed are being reintroduced into your mouth! Yuck!

Our suggestions:

1. Mix 6 drops of Grapefruit Seed Extract (GSE) into about a ½ cup of water and put your toothbrush in between brushings. Rinse with water before re-brushing. Change the water and GSE mix every few days.

2. Put your toothbrushes in the dishwasher (occasionally) and add 6 drops of GSE into the dishwashing detergent. Now this should make you smile!

# Laurie's Corner

January is a good time to reflect on our eating habits from the past holiday season. Some of us might feel that we couldn't possibly down one more chocolate truffle or handful of Party Mix. And then, there are those of us who can easily extend the season at least until Super Bowl Sunday (February 3rd this year) - reputedly the biggest eating day of the year!

So, in honor of all of us willing and able to make the "extension," here are two recipes for game day, regardless if your team is playing (I know we won't be seeing any purple and white jerseys that day)!

## Super Football Salmon

2 small cans (7.5 oz.) or 1 large can (approx. 14 oz.) Wild Caught Red Salmon, drained

4 oz. cream cheese, softened  
1 Tbsp. mayonnaise  
1 teas. Dijon mustard  
1 Tbsp. grated onion  
1 Tbsp. fresh lemon juice  
1 Tbsp. cream style horseradish  
Freshly ground pepper  
2 Tbsp. capers (optional)  
¾ cup chopped pecans  
½ cup fresh parsley, finely chopped  
Cocktail rye bread

1. Put drained salmon in bowl. Pick out the bones and skin and mash.
2. Add remaining ingredients (except the capers, pecans and parsley) and mix well.
3. If you are using capers, fold them in gently now.
4. Taste and adjust if necessary.
5. Cover and refrigerate (at least 2 hours or overnight).
6. Put mixture on tray and form into a football. If making for another event, form into a fish, or, during the holidays, into a Christmas tree, wreath, or star.
7. Sprinkle with pecans and parsley and press down lightly.
8. Cut cocktail rye in half, diagonally and place around "football."

## "Souper" Bowl Chili

1 ½ lbs. lean ground beef  
1 can fire roasted, crushed tomatoes (28 oz.)  
1 can diced tomatoes (28 oz.)  
1 can tomato sauce (15 oz.)  
1 large onion, diced  
4 cloves garlic, smashed and minced  
½ green pepper, diced  
½ red pepper, diced  
2 carrots, diced (cut lengthwise in quarters and slice)  
3 Tbsp. chili powder  
2 teas. cumin  
1 tbsp. dried oregano, crushed  
1 teas. honey  
2 teas. powdered cocoa\*  
¼ teas. cinnamon\*  
1 can Kidney beans, drained  
1 can Pinto beans, drained and rinsed  
1 can Aduki beans (Aduki beans are small red beans which are easy to digest and are traditionally eaten at New Years for well being!)

\*May seem weird – but these add a nice twist to a traditional chili recipe!

### Toppings:

- Corn Tortilla Chips
  - Sour Cream
  - Grated Cheddar Cheese
  - Chopped Green Onions
1. Brown ground beef in fry pan. Remove fat.
  2. Combine with remaining ingredients (except beans and toppings) in large kettle and bring to a boil.
  3. Reduce heat and simmer (covered) for 1 hour, stirring occasionally.
  4. Add beans and simmer ½ hour more.
  5. Taste and adjust if necessary.
  6. Put in crockpot on low heat and it will stay hot all through the game!

**Safe Food Handling Tip:** Leftover chili must be cooled quickly and refrigerated. Put leftover chili in small bowls



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or a large, shallow glass pan, then add 2 – 3 ice cubes and stir frequently. Put in refrigerator when no longer hot to the touch (uncovered) and when cool to the touch, cover. Try the next day as tacos, taco salads, or our favorite: on baked potatoes.

## Valentine's Fun Finds

Though this may not sound romantic, think about treating your loved one to the miracle of Grapefruit Seed Extract (GSE).

GSE is a secret weapon against germs with anti-bacterial/anti-microbial properties.

It can be used 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 to naturally "disinfect" everything from toothbrushes\*\* to cutting boards and other household surfaces.

Combine it with our NutriBiotic Dental Gel (4.5 oz. \$7.75 - with GSE) and a bright red new toothbrush! Plus the bottle is red and white! **Grapefruit Seed Extract (GSE)** 4 fl. oz. for \$19.95.

Take care of your heart and mind and your loved one's too with Premium Brain Support™. Premium Brain Support attacks homocysteine, a toxic amino acid. Research links high levels of homocysteine with hardening of the arteries, Alzheimer's dementia, and depression.\*\*\* **Premium Brain Support** (\$49.95 for 120 vegetarian capsules).

Another Valentine's suggestion: A good night's rest for the one you love the best.

Calmicin Plus™ is a dietary supplement containing high potency Valerian root extract. Calmicin Plus promotes restful sleep, has a relaxing effect on the nervous system, and helps calm those who lead hectic lifestyles.\*\*\* **Calmicin Plus** (\$12.95 for 60 160 mg. tablets)

\*\* See "Teeth Brushing Tip" under This 'N That.

\*\*\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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