



Corsello Dispensary Detailed Product Information

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ALLER-1

Allergies are one of the major causes of chronic disease. Allergic reactions cause inflammation, which is known to be one of the major triggers in cardiovascular disease, arthritis, lupus, gastrointestinal disease and more. It is very important to try and diminish the impact of this inflammatory and damaging state on the body.

Aller-1 is a combination of highly effective herbs that are known to diminish the allergic response as well as its secondary effects. It is effective in airborne contact, as well as gastrointestinal allergic reactions.

Contains:

Nettles: The combination of this herb's constituents has led to its use as an anti-arthritic and expectorant. It has also been shown to be useful in treating eczema (an allergic skin condition). Recent studies show that this herb is very effective in allergic rhinitis and hay fever. It is rich in chlorophyll, formic acid, magnesium, silicon, potassium, sulfur, tannins and Vitamins A and C.

Horehound: An herb that is used for asthma, allergies, coughs, colds, sore throats and intestinal gas. It thins the mucous in the bronchial tree, and therefore aids in expectoration. It is rich in B vitamins, as well as vitamins A, C, and E.

Fenugreek: A well-known herb that has been used for many medicinal purposes. It has been used as an expectorant as well as a gastrointestinal tonic. It is useful in asthma, allergies, and sinus problems. It can also help to lower fever and lubricate the intestinal tract. It is rich in biotin, choline, inositol, iron, lecithin, mucilage, PABA and is a good source of B vitamins.

Slippery Elm: An herbal remedy effective in the treatment of mucous membrane inflammation. It is excellent in cases of allergy, asthma, upper respiratory infections, bowel and urinary tract problems. It is rich in calcium, phosphorous, tannins and mucilage.

White Willow Bark: Is derived from the bark of the common Willow tree. This very old remedy has been used to reduce both fever and pain. The principle active ingredient called Salicin, was ultimately used to develop aspirin. The Salicin found in this herb, becomes a potent anti-inflammatory through a conversion process in the liver. Side effects of White Willow Bark are far smaller than that of aspirin, as the more active anti-inflammatory is made after the bark is ingested. This herb is rich in calcium, cobalt, iron, phosphorous, sulfur and B12.

Mullein: An herbal remedy known for its soothing effects of respiratory tract inflammation. It aids in shortness of breath related to pulmonary diseases, asthma and hay fever. It is rich in PABA, choline, aucubin, sulfur, B2, B5, B12 and vitamin D.

Thyme: Is an herb that provides excellent relief from sinus, nasal and pulmonary congestion. It can also reduce fever, headaches and intestinal gas. This herb is rich in trace minerals, essential oils, tannins, B complex, vitamins C and D.

References & Recommended Reading:

Goldberg, Burton & Group "Alternative Medicine: The Definitive Guide", Future Medicine Publishers 1993

Flynn, Rebecca "Your Guide To Standardized Herbs", One World Press; 1997

Tierra, Michael "Planetary Herbology", Lotus Press 1988

BONE PLUS

Is a special supplement I put together that has all of the following components to prevent and treat thinning of the bones:

- **Microcrystalline hydroxyapatite** one of the best forms of calcium for the repairing of osteoporotic bones.
- **Boron** a mineral that increases the uptake of calcium at the bone level and has mild estrogenic properties
- Trace minerals zinc, copper, and more that facilitate bone repair
- **Vitamin K** to improve calcium binding to the bones
- **Vitamin D** which increases calcium absorption and strengthens the immune system.

For healthy bones, especially as we age, one needs also to add:

- Lifestyle modification in the form of smoke cessation, low alcohol intake, exercise and appropriate diet that increases intake of vegetables and reduces meat and phosphorous-containing beverages (sodas). All necessary to halt the march of bone deterioration.
- Yoga, which is one of the best exercises for prevention of osteoporosis. Yoga breathing and stretching stimulate the rebuilding of the bones by improving calcium re-uptake. If yoga is not your thing, try swimming.
- Walking is also very beneficial, and should be part of the osteoporosis prevention program.
- Excessive obsessive exercise, however, especially anaerobic exercise, which tends to create bloodacidosis and free radicals is not advantageous. People who are accustomed to anaerobic exerciseslike tennis and jogging ought to be reminded to increase the intake of anti-oxidants.
- Mind Over Matter. Stress is one of the major threats to wellness. In relation to osteoporosis, stress increases blood acidosis and produces tremendous amounts of free radicals that damage all tissues, including the bone collagen, which is the basic structure of the bone; the glue that holds the cells together. Dealing with stress is especially important for postmenopausal women.
- Meditation, Biofeedback and Energy Balancing are very beneficial. At our Center we found that Acupuncture and BioSyntonie are extremely beneficial, not only to reduce stress, but also to fuel the energy to rebuild bones.
- Optimism: An attitude of optimism is an essential ingredient. A positive attitude does wonders for the immune system and to reduce blood acidity.

In summary: Osteoporosis is not a simple linear process, but is due to many factors that include hormonal imbalances, disorderly lifestyles, poor eating habits, poor exercise and stress. Knowing this, it is necessary for one to look at the whole "map of factors" as a puzzle whose pieces need to be put together to create a harmonious picture. For more information to read the article on osteoporosis at http://www.corsello.com/articles/osteoporosis_article.htm .

C MINERALS POWDER

This powder is a combination of vitamin C and some of the antioxidant minerals, Magnesium, Zinc, Selenium, Manganese and Potassium that are depleted by chronic stress and infection. It is used to raise the blood levels of ascorbic acid, antioxidants and heart-supportive minerals. It is also an essential component in my Bowel Health Program.

This combination formula is a potent antioxidant that enhances immunity and promotes bowel elimination.

Contents per teaspoon:

- **Vitamin C** 3,300 mg
- **Magnesium** 200 mg
- **Potassium** 99 mg
- **Zinc** 15 mg
- **Selenium** 50 mcg
- **Manganese** 5 mg

Recommended Dosage: 1 to 3 teaspoons daily, depending upon bowel tolerance.

CV (Cardiovascular) ANTIOXIDANT FORMULA

This combination has been designed to provide a sophisticated antioxidant delivery system that supports the heart, brain, and other vital organs.

Taurine is a sulfur-containing amino acid found in a high concentration in the heart muscle. It protects this fast, hardworking organ from free radical damage. It is also contained in the bile, promoting its fluidity and reducing the chance of gallstones. It diminishes brain excitability and has been used in large quantities as an anti-epileptic. It is highly concentrated in the eyes, where it exerts protective action against excessive ultraviolet damage. It is an all-around, powerful antioxidant.

Co-Q10 is an essential global co-enzyme in the adenosine triphosphate production (ATP) cellular energy cycle. It is found in all of the body's cells, but is highly concentrated in the heart. It protects the heart and brain from oxygen deprivation, even when blood supply is limited. It increases the heart's pumping ability like digitalis, but without its side effects. It is very useful in prevention of cardiomyopathy and reduces carcinogenesis.

Dimethylglycine is an amino acid important in muscle energy production. It lends further assistance to the heart's pumping action. In large doses, it assists in the release of GH.

L-Carnitine is needed for the transport of essential fatty acids (EFAs) as well as nonessential fatty acids into the mitochondria (the cells' batteries) to be utilized for energy production. It helps prevent heart disease by keeping cholesterol in check as well as through its antioxidant properties.

Niacinamide is a liver-friendly form of niacin (Vitamin B₃) that aids in the metabolism of carbohydrates, fats and proteins.

Vitamin B₆ (Pyridoxine) helps to prevent atherosclerosis by reducing homocysteine. It also helps to maintain suppleness of the vascular lining and diminishes platelet aggregation. It is necessary for the proper metabolism of all proteins, including those of the myocardial muscle. It is also a natural diuretic. This vitamin is rapidly depleted by stress.

Magnesium is the most important mineral for the heart. Among its numerous functions is that of a vasodilator (vessel relaxer), which reduces hypertension. It also regulates the electrical activity of the heart, reducing arrhythmias. Because it is a bronchodilator, it is helpful for asthmatic conditions.

This mineral is also necessary for proper carbohydrate and essential fatty acid (EFA) metabolism.

Potassium is another mineral that, in conjunction with magnesium, assure proper heart pumping strength and the reduction of blood pressure. All tissues require potassium for the proper release of toxic byproducts.

Selenium is a trace mineral that has its own antioxidant properties. It is also part of one of the most important endogenous antioxidants, glutathione peroxidase – the most overused liver detoxification enzyme. Selenium offers protection against heart disease and stroke through its general antioxidant actions as well as its ability to enhance a favorable cholesterol ratio.

Contents per capsule:

Niacinamide:	25 mgs
Vitamin B₆ :	15 mgs
Magnesium:	50 mgs.
Selenium:	12 mcgs.
Potassium:	50 mgs.
Co-Q10 (Ubiquinone):	15 mgs
Dimethylglycine:	10 mgs.
L-Carnitine:	50 mgs.
Taurine:	20 mgs.

Recommended Dosage: 4 capsules per day, preferably 2 with breakfast and 2 with dinner, or as directed by your integrative healthcare provider.

ESSENTIAL BIOTICS

After much research, we have finally introduced a potent probiotic combination in capsule form that satisfies our therapeutic standards. This new formula is about five times stronger than most capsules on the market, and therefore requires less intake.

The most important feature of this product is that the vegetarian capsule is formulated to open in the small intestine where the activity of probiotics is normally most effective. This allows the product to have maximum efficacy from the small intestine all the way to the large intestine where it can fight the overgrowth of yeast and other pathogens.

This formula still revolves around the best *Lactobacillus acidophilus* DDS-1 strain, but it includes many other organisms that the latest research has proven to maximize the efficacy of the lactobacillus.

Each bottle contains 60 capsules.

Each capsule contains 10 billion of the following combined organisms:

L. acidophilusDDS1	1.67 billion
B. bifidum	1.67 billion
L. bulgaricus	1.67 billion
L. casei	1.67 billion
L. plantarum	1.67 billion
L. salivarius	1.67 billion

Plus:

Inulin	50 mg
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Product Advantages:

Five times stronger than conventional probiotic capsules.

Enteric-coated capsules that bypass stomach acid and open directly into the small intestine.

Vegetarian capsule.

Addition of two newly researched, very effective organisms - **L. Salivarius** and **L. Plantarum**.

Capsules equivalent to pre-measured ¼ teaspoon of powder; it can be opened and added to drinks as needed.

Inulin which reduces sugar deregulation.

Recommended dosage: 1 to 2 capsules daily on an empty stomach, preferably in the morning – or 15 to 20 minutes before any meal.

When taking antibiotics, we recommend 3-4 capsules at least 6 hours away from the antibiotics to compensate for the destruction of the good intestinal flora caused by the medication.

FIBER MAX

This blend of insoluble and soluble dietary fibers is designed to trap toxic gut byproducts, lower oxidized LDL cholesterol and optimize bowel elimination. Because it also contains 6% essential fatty acids of the omega-3 family, it also reduces inflammation.

The soluble fiber binds to the toxic intestinal debris, while the insoluble fiber scrubs them out. The lignans, contained in the flaxseed meal powder, have beneficial mild phyto-estrogenic properties. The Essential Fatty Acids, by reducing inflammation, support the immunological integrity of the gut. The formula also contains dandelion, which protects the liver while the toxic debris is being removed.

Contents per teaspoon:

- **Flaxseed Meal Powder** 80%
- **Apple Pectin** 20%
- **Dandelion** not measured

Recommended dosage: 1 to 3 teaspoons daily. Refrigerate after opening

FEMALE PACK

For PMS, and other pre-menopausal hormonal disturbances.

Each individual wrapped packet contains a combination of the best-researched nutrients to manage the hormonal disturbance connected with PMS and with young women's menstrual irregularity.

Each packet contains:

Magnesium - Particularly important for women with low energy and stressful life conditions. We find that women suffering with PMS are almost always low in Magnesium. It is one of the most important minerals to all physiological functions. It assists the balance and distribution of other nutrients throughout the body, especially the essential fatty acid so important in all forms of hormonal imbalance. It optimizes bone metabolism and regulates blood pressure. Our aspartate form of magnesium assures maximum utilization.

Vitamin B6 (Pyridoxine): Also found to be low in women with PMS. Low levels of B6 cause irritability and water retention. B6 is necessary for a healthy nervous system and to maintain appropriate body water balance. Prescription drugs, especially oral contraceptives, deplete B6. It is therefore one of the most important B vitamins to keep a "healthy mind and a healthy body".

Juniper, Buchu, Uva-Ursi, Asparagus, Bear Berry & Cubeb: Botanicals which are blended specifically to relieve water retention and prevent urinary infections. This special herbal blend is formulated with the best available extracts and offers a natural alternative to prescription diuretics.

Borage Oil: One of the best sources of gamma linoleic acid (GLA). It has been used for centuries to promote hormonal balance in women. Research shows Borage oil (GLA) to be essential for a healthy hormonal, nervous and cardiovascular system.

Zinc: Another extremely important mineral for support of all bodily functions, especially the immune system, skin and hair. Zinc is important in the metabolism of essential fatty acids (see

GLA). Zinc is depleted by excessive usage of coffee, alcohol and chronic stress, so a vicious cycle is set in which young women who need it the most have it the least. Our combination contains the picolinate form, in which zinc is highly bio-available.

Wild Yam: A progesterone promoting natural substance. Low progesterone is one of the main reasons for PMS. Wild Yam has been classified as one of the most important phyto-chemicals that promote progesterone balance.

Agnus Castus (Vitex): Also known as Chaste Berry, is famously known as the "woman's herb". It is particularly important in restoring ovulation functions and the brain luteinizing hormone responsible for proper ovulation. It has been used also for those with Polycystic Ovarian Syndrome (POS) and infertility issues.

Ox Bile Extract: Provides digestion and absorption of the Borage Oil and of other essential fatty acids present in the diet.

Female Pack is the brainchild of Dr. Serafina Corsello, a pioneer in the natural health field, a woman who has been a physician for over forty years, thirty of which have been in Complementary Alternative Medicine. Dr. Corsello has helped an untold number of young and not-so-young women with this combination pack of nutrients.

For more detailed information on women's menstrual cycles and fertility, order *The Ageless Woman* by **Dr. Serafina Corsello** http://www.corsello.com/the_ageless_woman.htm .

References and Recommended Reading:

Flynn, Rebecca, "Your Guide To Standardized herbs", One World Press, 1997

Goldberg, Burton & Group, "Alternative Medicine: The Definitive Guide", Future medicine Publishers 1993

Tierra, Michael, "Planetary Herbology", Lotus Press 1998

Lieberman & Bruning, "The Real Vitamin & Mineral Book", Avery Publishing 1997

Horrobin, David, "Review Article: Medical Uses of Essential Fatty Acids (EFA's)" *Vet Derm*, 1993; 4(4): 161-66

NEW GLUCO FORMULA

For those with Type 2 Diabetes or sugar regulation problems, supplementation with nutrients such as the ones contained in Gluco Formula is of extreme importance to assist in sugar regulation and pancreatic support. These capsules do not replace the need for medical treatment and supervision. If you are currently taking medication, the use of this supplement might reduce the amount needed, but cannot be used as a substitute unless it is determined by a medical provider. Each capsule contains:

- **Vitamin B2 (riboflavin)**
- **Vitamin B6 (pyridoxine)**
- **Vitamin B12 (cyanocolamine)**

The above vitamins are particularly deficient in diabetics. These specific B vitamins are important in the reduction of homocysteine, the amino acid that damages the vessel lining. B12 also maintains proper nerve function.

Vitamin C improves glucose tolerance and offers antioxidant protection.

Vitamin E improves glucose tolerance and helps maintain proper circulation and antioxidant protection.

Biotin assists in the processing of glucose, and may significantly reduce fasting blood sugar.

Carnitine helps in utilization of fat by mitochondria. Maintains favorable lipid profile. Protects eyes; may be helpful for diabetic pain control.

Chromium improves glucose tolerance by enhancing insulin sensitivity and binding. It reduces triglycerides.

Copper, an essential trace mineral, protects from risk of heart ailment. It is part of an important antioxidant system (SOD).

Folic Acid reduces homocysteine and protects eyes and nervous system.

Gymnema Sylvestre. This important herb has been known to repair damaged pancreatic tissues.

Inositol helps liver detoxification and produces a beneficial sense of relaxation.

Lipoic Acid is a very important antioxidant that also stimulates glucose uptake by the muscle fibers. Reduces neurological complications of diabetes. Protects the liver.

Magnesium is the mineral most depleted in diabetes. It is involved in 367 known biochemical reactions, most importantly in glucose utilization and protection of the heart.

Pantothenic Acid Reduces cholesterol and protects the nervous system..

Vanadium A mineral that has positive insulin-like activity. It helps therefore in utilization of glucose into energy.

Zinc is a mineral that is part of the insulin molecule and is often depleted in diabetics.

We recommend that a competent professional supervise the use of this product. The recommended starting dose should be: two capsules before each meal.

The above information is based on our research, knowledge and experience and is not FDA approved.

NEW GLUTA-PATH

We are very excited to announce the addition of this **New Gluta Path** to our dispensary.

The **New Gluta Path** takes the place of two previous products:

- Improved Antioxidant** which was primarily needed to protect the eyes.
- Gluta Path** whose primary function was that of binding and eliminating mercury.

The **New Gluta Path** has many components (list will follow) other than the one that we will describe in this release.

It is the most formidable protection for our brain, our eyes and any other organ such as the liver, the spleen, the heart that are vulnerable to oxidative stress.

We have chosen this new product not only because it takes the place of the two previous ones so that one can ultimately take fewer pills and save money and time, but because it represents the state of the art combination of nutrients that meets the challenge of our toxic world and the needs of our aging population.

The **New Gluta Path** contains among others Extract of Bilberry and Ginkgo Biloba, Eye Bright and Thornberry Powder, but also contains:

Glutathione and **Selenium** to form the very important **Glutathione Peroxidase** enzyme which declines with age while we need more to meet the challenge of the 21st Century.

It also contains **N-Acetyl-L-Cysteine** a precursor of Glutathione which penetrates the cell membranes of all of our vital tissues.

Beta Carotene is also part of this formula. It is a valuable precursor of Vitamin A which is necessary for protection of the retina and the lens of the eyes. It is thought that low levels of these nutrients are responsible among other things for cataracts.

Zinc is one of the most important trace minerals of the body which supports our immune system. It is a cofactor of the **superoxide dismutase** a very dangerous free radical inducer. Zinc works in tandem with Vitamin A to activate macrophagic activity (the ability of the white cells to engulf and kill infective agents). Together they not only protect the eyes, but build up our immune defenses.

Taurine is the most abundant free amino acid in the eyes. It is well known that it stabilizes your nervous system. Let's not forget that the eyes are made of neurological tissues. The eyes are to the body what a periscope is to the submarine. Because it is not protected by the skull this nervous system (the eyes) extension is more susceptible to damage and needs extra protection.

Suggested Use:

We recommend 1 capsule for prevention.

Double the amount in case of eye problems and if you are aware of having a high level of mercury in the body.

IMMUNO SUPPORT PACK (formerly INFECTION NUTRIENTS PACK)

Provides everything you need to naturally fight a myriad of infections. It is conveniently packaged into individual doses and is very cost effective. It is designed to allow your body to fight infections naturally and prevent the “domino effect”. Viral infections can open the door to bacterial infections, which further lower the resistance, making it vulnerable to parasites and yeast overgrowth. For this reason, we have chosen to defend the fortress of our immune system with products that have beneficial synergistic properties. This combination has proved to be one of the best insurance protections against any infection.

This anti-infection pack is like no other combination that is presently available in the market. It contains standardized herbal remedies and high quality vitamins and minerals. Standardization of herbal remedies is extremely important. To obtain standardization the producing company needs a microbiological laboratory that evaluates the herbs for presence of parasites and other infective agents and petrochemical residues, such as DDT. Once the herb passes this control the active therapeutic ingredients will be measured and their quantity properly listed on the label. Never use non-standardized herbal products.

The Infection Nutrients Pack is also convenient. It is divided into daily doses that contain all the necessary ingredients. Consequently, it is also more economical than purchasing eight different bottles of supplements. During acute infection this pack will boost your body’s defenses to its best.

Immuno Support Pack contains:

A balanced multi-vitamin mineral botanical complex that provides all of the B vitamins and antioxidants (vitamins A, C, E) that protect you from the damage of the infective cascade. Also included in these tablets are botanicals that protect the liver and combat viral infections.

Malic Acid and Magnesium are necessary to remove the toxic load that distracts the immune system from its inhibition of infections. Magnesium is also necessary for bronchodilation, vasodilation and processing of the essential fatty acids among the approximately 370 biochemical cellular pathways it facilitates. It protects the heart and other vital organs, which also suffer during acute infections and relaxes inflamed muscles.

Standardized Echinacea is a highly effective immune regulator. It helps combat broad-spectrum infections and has none of the harmful side effects of pharmaceutical antibiotics. It is best not to take continuously for extended periods of time. It should be used for three to four weeks, then stop for one to two days, and resume if necessary.

Standardized Goldenseal: The alkaloids in Goldenseal are very effective anti-infection remedies. They work synergistically with Echinacea. This herb helps to reduce the inflammation of the body’s mucus membranes (a common symptom associated with infections.) *Do not take if pregnant.*

Standardized Ginger is an extremely beneficial botanical that assists the gastrointestinal tract by stimulating bile flow and preserving the integrity of the digestive system that can be damaged during any type of infection. It also has anti-inflammatory properties necessary to modulate the free radical cascade present during infections.

Bromelain is an enzyme, derived from pineapple stem that has two major properties: control of anti-inflammation and pancreatic support. Inflammation occurs frequently during infections. Digestive processes are also overtaxed during infective episodes.

Acidophilus supports the intestinal system; the site of 60% of our immune resources. During

infections, yeast tends to overgrow because the immune system is distracted with other infective agents. Acidophilus is, therefore, a very important supplement for proper immune response.

Zinc Lozenge one of the best oral disinfectants, especially in the presence of sore throat. Most infections enter through the oral and respiratory tract. Zinc lozenges create an efficacious barrier. Zinc also is an immune activator when accompanied by Vitamin C, Echinacea and eucalyptus, which soothe the throat while offering added protection. *The Zinc Lozenge is the largest white pill in the package and should be slowly dissolved in the mouth, not swallowed.*

Recommended Usage:

As with any supplementation, consult a knowledgeable complementary physician before beginning the program, especially if you are pregnant or lactating.

Most people can stop their usual program while on this comprehensive infection pack. If you are taking three to four packages a day of this product you have enough B vitamins and all the other infection management nutrients.

In the early stages of infection, use one package twice a day, increase to four if infection is more severe and continue until the infection is completely under control. As with antibiotics, continue taking at least one package for a few days after the symptoms are under control. Although you may no longer have symptoms, some infective agents might still be present. When the infection is completely controlled, resume your regular program.

This package can also be taken while on conventional antibiotic therapy to avoid bacterial mutation and yeast overgrowth.

It is most important to empower the immune system. So, eat lightly, especially “good chicken soup”, drink plenty of fluids, rest and think positively!

References and Recommended Reading:

Flynn, Rebecca, "Your Guide To Standardized herbs", One World Press, 1997

Goldberg, Burton & Group, "Alternative Medicine: The Definitive Guide", Future medicine Publishers 1993

Tierra, Michael, "Planetary Herbology", Lotus Press 1998

Lieberman & Bruning, "The Real Vitamin & Mineral Book", Avery Publishing 1997

MAXI DIGEST

This product is the most powerful on the market and, therefore, one of the most cost effective. It is also totally vegetarian.

FEATURES:

Cost Effective & Convenient: One capsule is often sufficient to aid digestion of an entire meal.

Powerful: Contains the highest combined enzyme potency (activity) per capsule of any of the currently available plant source digestive enzyme formulas, as measured by FCC (Food Chemical Codes) methods. One capsule is equivalent to 2-20 capsules of other formulations.

What is the difference between plant and animal source enzymes? Animal source enzymes are derived from bovine (cow) or porcine (pork) Pancreatin, and function in a limited alkaline pH range, as found in the small intestine, but not in the stomach with its lower (acidic) pH. Plant source enzymes are able to operate efficiently in a range as wide as 2-11 pH, which allows them activity in the stomach as well as the small intestine. Thus, plant enzymes are the clear choice for digestive support.

Dual Function: May be taken with food, or on an empty stomach for proteolytic activity.

Specially Formulated: Specially formulated to provide the WIDEST range of useful digestive enzymes to help break down foods, absorb nutrients and prevent indigestion, gas, and bloating. Optimum digestion involves breaking down more than just starch, protein, fiber, and fats. Some food groups need several types of enzymes to become fully digested and to allow all the nutrients to be available for assimilation. Five different type of Protease are included to assure digestion of proteins over the entire pH range from pH 2.0 to pH 11.0 as found in the stomach and small intestine. Other formulas may only include one or two types of Protease. Maxi-Digest contains many enzymes not often found together in other formulas. Some of these unique enzymes are hyaluronidase, hemicellulase, invertase, alpha-galactosidase, and peptidase. These enzymes are vital, especially in diets rich in vegetables, such as the one recommended at our Center.

Broad Activity Range: Designed to work effectively, taking into account the range of pH conditions found in different individuals' intestinal tracts due to age, health, ability to secrete acid, etc.

Fast Acting: One capsule will often relieve the bloated feeling of indigestion in minutes after it is swallowed.

Standardized Potency: Activity of all enzymes is specified by the latest FCC standard analytical methods. Each capsule is standardized to contain the enzyme activities listed on the label.

Properly Packaged & Protected: All bottles are sealed with an induction seal, and contain both a desiccant and an oxygen absorber to protect against moisture and oxidative degradation.

MENOPACK

Menopause is a very critical time for most women. Supplementation of specific substances and proper nutritional habits are two keystones to avoiding a difficult transition. A good supplement program should contain a synergistic combination of the finest quality vitamin, mineral and herbal supplements available, specifically designed to assist in preventing the discomforts of menopause.

- **Magnesium:** A very important mineral that assists in proper pH balance and distribution of nutrients throughout the body for maximum utilization. It is necessary for proper bone formation.
- **Vitamin E:** An antioxidant imperative for good health of the cardiovascular system. Clinical studies have revealed its use in reducing the severity of hot flashes.
- **Marine Lipid** concentrate contains Omega 3 and Omega 6 essential fatty acids (EFA) which are essential for all tissues. It helps grow healthy hair, skin and nails. EFA have estrogenic functions as well. They also reduce high cholesterol and keep the cardiovascular system in good shape.
- **Borage Oil** has been used for centuries as a rich source of essential fatty acids. It also assists in reducing the severity of hot flashes.
- **Pancreas concentrate**, from organically fed bovine provides enzymatic support to digest and absorb the liposoluble. (See Vitamin E, Marine Lipid and Borage Oil, above.)
- **Agnus Castus (vitex)** known as the “woman’s herb”. This standardized extract naturally relieves hormone imbalance symptoms such as depression, cramps, water retention and weight gain. It stimulates lutenizing hormone production and has progesterone-like properties.
- **Dong Quai**, a phytoestrogen, is another female herb used for menopausal symptoms and to promote blood circulation.
- **Licorice** is a standardized extract that is noted for estrogenic effects and adrenal support, both important for harmonious balance of female hormones.
- **Wild Yam** is a progesterone promoter which inhibits cramps and uterine discomfort and indirectly helps bone nutriture.

Reference and Recommended Reading:

Flynn, Rebecca, “Your Guide to Standardized Herbs”, One World Press; 1997

Goldberg, Burton & Group, “Alternative Medicine: The Definitive Guide”, Future Medicine Pub. 1993

Tierra, Michael, “Planetary Herbology”, Lotus Press 1988

PROBIOTIC PLUS

“Probiotic” (protective flora) is a Greek word that means “for life.” Probiotics refers to the beneficial intestinal bacteria that support our digestion, absorption of nutrients, vitamin production and most importantly, our immune system. This last attribute of probiotics is most important for maintenance of wellness and for longevity.

Since the intestine is the site of production of at least 60 of our antibodies (the defending “guns” of the immune system), any imbalance or illness affecting the intestines reflects on the entire body. In other words, our bowel health is essential to the health of the whole body.

Probiotic Plus is one of two major ingredients in our Bowel Healing Outline and treatment plan, you may wish to order the booklet: http://www.corsellodispensary.com/bowel_healing.htm.

What Makes PROBIOTIC PLUS Unique?

PROBIOTIC PLUS is one of the most comprehensive products of its kind on the market. It represents the collaboration between the late Dr. Kheim Shahani, one of the foremost experts in the field and myself. It contains not only many beneficial cultures but also DIGESTIVE enzymes and FOS.

DDS-1 TM Lactobacillus Acidophilus: Its effectiveness is supported by numerous clinical trials conducted at the University of Nebraska - Lincoln. It is one of the most potent forms of lactobacillus acidophilus. Among its numerous benefits, it also lowers cholesterol.

Lactobacillus bulgaricus: Promotes the colonization of other important intestinal flora, especially in the small intestine. It produces natural antibiotic substances and the beneficial enzyme lactase.

Lactobacillus Casei: It is the newest and most well researched Probiotic. It has been demonstrated to possess unique gastrointestinal defensive properties.

Lactobacillus Bifidum: It is a natural inhabitant of the human intestinal tract and is also found in the human vagina as a protective agent. It is found in the mostly in the large intestine and in the lower part of the small intestine. It is the most predominant defensive Probiotic in infants and delivered in large quantities through breast milk.

E. Faecium: A resident of the intestinal tract that helps maintain the low pH that discourages fermentation and bacterial growth.

S. Thermophilus: A transient friendly inhabitant of the intestines, which deters the overgrowth of unfriendly invaders by maintaining a low pH environment. Aids in the digestion of dairy by the production of lactase in ample amounts.

Protease: A pancreatic enzyme that breaks down proteins into amino acids.

Amylase: A pancreatic enzyme that breaks down starches into simpler sugars.

Lipase: A pancreatic enzyme that breaks down fats.

FOS: A polysaccharide that enhances the colony counts of friendly bacteria such as bifid bacteria and Lactobacilli while reducing the colony counts of harmful invaders. May also help in the maintenance of favorable cholesterol ratios and support the cardiovascular system. It also facilitates the detoxification process of the liver.

We have chosen the above combination of probiotics for their synergistic effects. They enhance the effectiveness of both the local defense system and overall immune system in fighting bacteria, viruses, yeast and parasites. Probiotics also retard the migration of bacteria and their toxins into the

general circulation. Last, but not least, regular supplementation of probiotics is known to reduce the incidence and severity of allergies.

PROBIOTIC PLUS is our first choice among the many that are available in our dispensary.

Preventive Dosage: ¼ to ½ teaspoon, 1 to 2 times daily, mixed into room temperature food or drink. It can also be dissolved in the mouth to help fight yeast on the tongue.

During antibiotic use, top quality probiotics, such as our Probiotic Plus or Natren (available in health food stores), are absolutely recommended. Take 1 tablespoon at bedtime. Whichever probiotic you choose, however, make sure it is of the highest quality. *“Buy less, but buy the best.”*

Reference and Recommended Reading:

Chaitow (1995) “Probiotics”, Hohm Press, AZ.

Murray (1996) “Encyclopedia of Nutritional Supplements”, Prima Publishing, CA.

Majjama and Isolauri (1997) “J Allergy Clinical Immunology” Vol 99 No 2, Mosby-Year Book, St. Louis, MO.

Note: The FDA has not evaluated these statements. All supplementation should be supervised by a qualified health professional. The addition of supplements to your dietary regimen should not replace your medical care.

PROSTA-VITE

Decline or imbalance of hormones in men is often subtle but has, nonetheless, potential for serious problems such as impotence or less conspicuous symptoms such as lethargy, lack of initiative, depression, loss of muscle mass, cardiovascular problems and more.

The most important hormone in men is testosterone.

WHERE IS TESTOSTERONE PRODUCED?

The adrenal glands produce many hormones, one of which is dehydroepiandrosterone (DHEA). This hormone is converted into a variety of other hormones based on demand. DHEA in men is converted mostly into testosterone. With age there is a linear decline in DHEA and therefore in the male sex hormone testosterone. The majority of testosterone is however produced by the testes. Production of testosterone is halved by the seventh decade of life.

In a variety of cells, testosterone is reduced to a more potent androgen called dehydrotestosterone (DHT). DHT is the form of testosterone that is implicated in the development of male pattern baldness, prostate enlargement and prostate cancer. DHT is found in large concentration in diseased prostate glands. DHT stimulates the enlargement of prostatic cells at a much higher rate than other androgens.

Fortunately Nature has put at our disposal a potent natural antidote called Saw Palmetto. Saw Palmetto reduces DHT while not interfering with the beneficial effects of testosterone.

Women with male pattern baldness can also use this combination of nutrients.

Ingredients:

Saw Palmetto blocks the enzymatic conversion of testosterone into DHT. It also has anti-inflammatory effects on the prostate tissue. Saw Palmetto (*serona ripens*) is a member of the palm family. In the early part of the 20th century, this herb was made into a tea to treat bladder and

prostate conditions with great anecdotal success. It was found to increase sperm production and to improve libido. Saw palmetto sterols were chemically isolated in the sixties and their usage has become a widely accepted treatment for Benign Prostatic Hyperplasia (BPH) a condition responsible for disruptive symptoms such as frequent urination, difficulty to begin the urine stream, bladder infections, sexual dysfunction and urinary incontinence. Most importantly BPH can lead to prostate cancer and male pattern baldness in women.

Zinc has a profoundly beneficial effect, since it prevents prostate infections. The prostate normally has a very large concentration of this mineral that gets depleted by age, infections and stress.

Manganese

L-Glycine

L.Alanine

L-Glutamic Acid

Recommended dosage: 2 capsules of Prosta-Vite with meals, twice a day.

We also recommend that all the male patients in their middle years and upward, receive a yearly prostate exam and PSA level to screen for prostate problems.

References:

Natural Health 1994 July/August 24(4)M.46-47. Steinman XX 942530

Alternative & Complementary Therapies - November/December 1996

Goldberg, Burton & Group 'Alternative Medicine: The Definitive Guides', Future Medicine Publishers 1993