



Dear Friend or Loved One,

It's summer time... that time of the year when we should be outside enjoying God's handiwork. I am so grateful for the new found health that I enjoy. I keep asking myself... what if I hadn't discovered Integris superfoods.

Kent Hinkson

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Special points of interest:

- How to lower your cholesterol 50 to 100 points in eight days.
- Telomeres—science discovers why we die and why Adam lived ten times longer than we do.
- Fibromyalgia—newest medical bugaboo finally meets its match—Integris products.

Making Arthritis Pain a thing of the past with Collastin and Collastin Support.

Would you like to wake up pain-free with full mobility?

Dr. Bill Kellas (himself previously diagnosed with a debilitating form of arthritis called Ankylosing Spondylitis) says that arthritis sufferers can become totally pain free and mobile with breakthrough nutritional supplements called Collastin and Collastin Support. These products include cetyl myristoleate and other fatty acid esters, glucosamine hydrochloride and COX-2 inhibiting natural nutrients.

Dr. Kellas guarantees that if you take Collastin and Collastin Support for one hun-

dred days and do not obtain pain relief and mobility that your purchase price will be refunded.

The reason Dr. Kellas makes this promise is that in studies with over 500 patients suffering from arthritis, Collastin and Collastin Support provided arthritis relief to over 87% of the patients. Those patients who didn't see success were found to have liver dysfunction. So, for persons without liver impairment, the products were 100% successful.

Dr. Chuck Cochran, pioneer in the use of Collastin, says that Collastin has dramatically

changed the lives of hundreds of his patients. He further states that Collastin is the most potent "anti-aging product that I've ever had the privilege to work with."

If you'd like more information about Collastin, call toll free for a free booklet entitled "*At Last Collastin*" by Dr. Chuck Cochran. The number to call for this free booklet is 1-866-257-0538.

Collastin also reduces high blood pressure & arterial inflammation, hydrates the skin, increases Collagen, modulates auto immune disorders and generally works to make a person feel younger.

Diabetes is no match for this superfood!

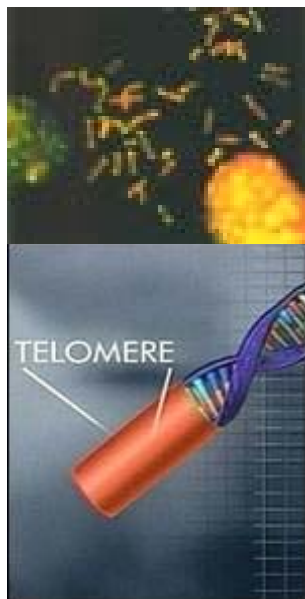
A new found friend just called a bit ago. His order of RiSoTriene had arrived two days prior and he wanted to tell me the results he had experienced in just two days. I thought back to the week prior when he called and told me he hadn't been able to get his blood sugar below 200 even with insulin. His doctor

was very concerned about the consequences of his extremely high blood sugar. Already his kidneys showed signs of failure. He was experiencing neuropathy and loss of energy and brainpower. I told him that the RiSoTriene was the answer he was looking for. Desperate for a solution, he ordered Ri-

SoTriene. When I heard my new friend's voice start to crack... I get teary eyed, too. "My blood sugar is now at 122" he said... and it's only been two days.

University studies show that RiSoTriene lowers diabetic's insulin requirements by 30% across the board within two months of use.

Telomeres Close-Up



Telomeres—key to longevity.

Why don't we live as long as Adam, Methuselah and the patriarchs? Because our telomeres die. And... why do our telomeres die... and what are our telomeres... one asks?

Telomeres are the cell replication buds or protein binding sites at the end of each DNA strand. We are born with fifty to sixty in each DNA strand—that form the termination or DNA cap. (See the close-up.) During cellular replication or during oxidative events... it is possible for a telomere to be damaged (and subsequently removed from this DNA cap). When the number of telomeres

in the telomere cap goes to zero—that DNA cannot replicate itself again. Cells normally replicate every few months. When enough cells in our body can no longer replicate we “die” (regardless of our health, otherwise).

Six thousand years ago... telomeres lasted longer... because there weren't so many free radicals in the environment to destroy them.

So, if we could get rid of free radicals... or vastly increase our antioxidants and methylation facilitators... which stand as bodyguards to keep our telomeres safe... we could live

substantially longer.

Well, it just so happens that Integris offers premier antioxidant foods and methylation facilitators. Through the eating of these superfoods every day... we can add twenty to forty to sixty or more years of life.

So, we say to you, “Join us in the greatest longevity experiment of all time—your own.”

Some of the Integris anti-aging foods that will preserve your telomeres are as follows:

RiSoTriene—\$60 a month
NutraJuice—\$45 a month
Methylate—\$25 a month

The Standard American Diet (SAD) kills more Americans than all other causes combined.

Heart Health—More Science News!

Scientists have determined that three of the leading causes of heart disease are homocysteine, trans-fatty acids and xanthine oxidase.

The chemical **Homocysteine** is a byproduct of metabolic processes taking place constantly in our bodies. Homocysteine is bad. It attacks and scars the linings of our arteries, leading to plaque build-up.

If our diet is high in B-Vitamins, tri-methyl glycine, magnesium and zinc (from fresh fruits and vegetables) then our body immediately converts homocysteine into methionine and SAM-E. This natural process elimi-

nates the danger posed by serum homocysteine and also elevates our mood. In fact, SAM-E helps people sleep so much better and feel so much better that in Europe it is prescribed for depression instead of Prozac.

If our diet isn't high enough in raw vegetables (especially raw beets), we suggest that you add Methylate to your daily diet. It only costs \$25 a month and is about the best bargain in health insurance that money can buy.

Next to be discussed are **trans-fatty acids**. Trans-fatty acids get into our

blood whenever we eat fried foods or foods containing partially or fully hydrogenated fats... such as margarine and shortening.

Trans-fatty acids are potent free radicals. They damage DNA and telomeres and oxidize cholesterol... leading to heart disease.

Finally, research proves that homogenized milk is bad for your heart because the homogenization process creates tiny particles of **xanthine oxidase** (a component of milk fat), that enter the bloodstream and attacks arterial walls... creating heart disease.

Fibromyalgia—what can be done?

Fibromyalgia is the bugaboo of modern medicine. Doctors don't know what causes it... much less what to do about it.

Masking the pain of fibromyalgia with drugs isn't the answer... this usually causes more problems than it solves... but if you're a doctor, what else can you do for your patient?

Fortunately, real progress has been made at the Advanced

Center for Medicine in California. The doctors there have found that fibromyalgia has a cause... a toxic body. They have found the solution is to clear out the toxins and feed the body optimal nutrition.

At the Advanced Center for Medicine they have found that fibromyalgia patients usually have heavy metal toxicity, allergies, poor digestion, compromised auto-immune systems, "hot" nerves and a depressed

body and mind.

Their solution is to feed the body and the nervous system with RiSoTriene... calm down the auto-immune system with Collastin and Collastin Support, cleanse out the toxins in the body through the Cleanse... through chelation therapy, sauna, massage and chiropractic adjustments that open toxic elimination pathways that have been closed. Their solution works. It's the real answer.

Visit <http://Fibromyalgia.Healthy-Living.Org>

Lower your cholesterol 50 to 150 points in eight days by undergoing "The Cleanse".

The doctors at the Advanced Center for Medicine have helped over 10,000 patients to perform "The Cleanse".

This eight day program of specific food and beverage intake, pH monitoring and consumption of four nutritional supplements throughout the day accomplishes more cleansing of the body during those eight days than most traditional fasts or "juice diets" will do in 40 days.

Doing "The Cleanse" is a must for anyone who seriously wants to obtain optimal health. You will be amazed at how "clean" you feel inside when you are done. You will be ecstatic at how much more energized you will feel. You will look at your body differently... as a partner in life that can match your spirit in providing joy through "clean living". "The Cleanse" is safe for any-

one who doesn't have ulcers or sores in their intestinal or digestive system (if you do, then heal these first with RiSoTriene or E7).

One of the actions of "The Cleanse" is to dissolve the sludge and undigested wastes within in the digestive and eliminative tracts and also to dissolve the sludge in the capillaries of the body.

Another thing that "The Cleanse" does is to kill harmful parasites, bacteria and virus. "The Cleanse" feeds your body an unprecedented amount of nutrition. Finally, "The Cleanse" strengthens your liver so that allergies are greatly reduced.

If blood analysis is performed before and after "The Cleanse" significant results will be seen. Cell clumping will disappear and triglycerides and chole-

sterol numbers will plummet.

For example, Kenneth R. Hinkson recently did a cleanse. His cholesterol dropped from 377 to 222 in only eight days and his triglycerides from 1,000 to 200. That is a 155 and 800 point drop in those numbers.

Dr. Mark Siegal underwent an eight day Cleanse program and documented his results as follows:

Cholesterol before:	250
HDL before:	64
LDL before:	166
Cholesterol/HDL:	3.9
Triglycerides before:	201

Cholesterol after:	167
HDL after:	48
LDL after:	105
Cholesterol/HDL:	3.5
Triglycerides after:	71

Average weight loss for persons doing "The Cleanse" is nearly 10 pounds.



"The Cleanse" Products pictured.

"I want to die young, as late in life as possible." — Dr. Bill Kellas

Our Mission Statement

Healthy-Living.Org is an organization whose sole purpose is to help people to live healthy. We offer cutting-edge nutritional products, news-letters and information regarding how best to stay healthy throughout a long life.

If you have information you would like to contribute to our readers, please send it to our postal or email address.

At the end of the day, health is not complex—it's a matter of eliminating toxicities and increasing nutrition. Dr. Kellas-Advanced Center for Medicine

Stop the bombing of your bodies by toxins and then rebuild your health with nutrition.

If you want to be healthy, then take the advice of the Center for Advanced Medicine in Encinitas California—that is, have yourself checked for allergies and toxicities. Get rid of these... and then increase your nutrition.

Trying to be healthy without first getting rid of allergies and toxicities is like trying to rebuild a city while it is still being bombed. First, stop the bombing of your body... then rebuild it with nutrition.

Checking yourself for toxicities and allergies means a visit to an alternative health center. The people there will be able to tell you what heavy metal poisons are in your body and what common foods or environmental chemicals are presently overburdening your body.

Once these toxicities and allergies are ascertained, methods of eliminating them will be suggested. Often these methods involve chiropractic, massage, sauna, chelation, etc. to open toxic removal pathways. Often, serious consideration must be given to removing amalgam fillings, nickel crowns, etc. from the mouth. Allergies are a different mat-

ter... they require a digestive system tune-up... so that foods are digested completely so that the liver can handle the food and environmental chemicals being sent into the bloodstream.

The Digestive Cleanse recommended by the Advanced Center for Medicine is an eight-day program that accomplishes more than most 40 day fasts in terms of removing sludge from digestive systems and enhancing liver function.

Another recommendation is the use of digestive enzymes to prevent undigested food particles from reaching the blood... where they can cause a red-stage alert as far as the immune system of the body is concerned. **Undigested food particles are the leading cause of immune system disorder and it all begins with the digestive system.**

Last, but not least, is the subject of increased nutrition:

RiSoTriene and RiSoTriene Plus (Essential Seven) provide more nutrition in one serving than most people eat in a month.

If your energy and vitality are

low... then your nutrition is low or your toxicities are high. There is no other cause.

Other recommended nutritionals include medical whey (small molecule whey). Perhaps, more than any other nutrient, our bodies need amino acids (proteins) as the building blocks of our cells and organs. Small molecule whey protein is a modern day God-send for many people with impaired protein digestion. It assimilates right in the mouth and enters the blood stream directly because of the small molecule size.

Of course, antioxidant nutrition and methylation enhancing nutrition will preserve your DNA... adding to your life-span.

Finally, everyone needs to ensure the supply of minerals and trace elements in an ionized form... that is incorporated into living cells. Human beings don't digest rocks and dirt very well. That's what plants are for... to turn those forms of minerals into ionized minerals that we can use. Deep Sea Plankton is perfect for this.

Until next month... wishing you the best of health.