



Monthly NEWS Letter, March 2015

Recently published scientific research continues to show the power and importance of **Personal Preventive Health**. Improved nutrition, that restores nutrients in the diet that once were found in the family garden and orchard, is a primary focus of 30 years research at Fisher Institute that is now shared by Wellness Quest LLC. This knowledge is incorporated in the New Generation Global Dietary Supplement: NEW EDEN.

Optimal nutrition is not the alpha and omega for having a better quality of life. Even Hippocrates, the Father of Western Medicine knew nutrition must be balanced with exercise and rest. This is so apparent that mothers for generations have had two sayings, that in this modern age we ignore too often: "To be healthy, eat different colors of fruits and vegetables." And "If you don't use it, you lose it." If one gets into more details, things get complicated in a hurry. Such is recent knowledge one has been introduced to that triggers the realization that the health benefits of NEW EDEN are greater than previously believed were being provided by this dietary supplement.

Reading the history of Dr. Elie Metchnikoff, past Director of the Pasteur Institute in Paris, France, one finds he wrote ***The Prolongation of Life***. A key to optimal health he advocated was the adding fermented milk products to the diet to get lactobacillus species in yogurt and kefir. He was convinced by clinical observations that the bacterial flora of the large bowel was a vital factor in maintaining optimal health. I became aware of this vital role of bowel bacteria by knowing that soy beans are a store house of important nutrients and reading that in a Belgium conference research was presented that the soy nutrients are protected in nature from environmental bacteria and fungi consumption for their nutrition by the addition of a sugar to nutrient molecular chains to make the molecule water insoluble. For the mammal to be able to use the soy nutrients, gut bacteria remove the protective sugar, making the soy molecules water soluble, so they can be enzymatically digested and absorbed by the bowel mucosa into the blood serum and transported to the cells for utilization in cellular synthesis. **Recent research has greatly expanded the role that bowel micro-organisms play in preventing chronic disease and boosting the body's gene controlled innate disease prevention and healing mechanisms.**

The March issue of ***Scientific American*** has a section titled "The Microbiome: The peace keepers." Multiple investigators report how the strains of bacteria in the human bowel keep the body free of disease and support body biochemistry to restore normal health. I will highlight only a few research findings from multiple investigators.

H. Kokol of Paris, France found that inflammatory bowel disease, Crohn's and ulcerative colitis patients are lacking the bacteria *Faecalibacterium prausnitzii*. *Clostridium* bacterial clusters makes the gut barrier tight and healthy to preserve fluids and electrolytes and soothes and balances the immune system. It works opposite to *Clostridium difficile* that causes chronic diarrhea, bleeding and fluid loss death in infants and the aged.

Rob Knight of U. of California, San Diego reports transferring fecal flora from obese humans to skinny mice produces obese mice. The bowel flora from markedly starving children in Malawi was transferred to germ-free mice and they lost 30% of their weight in 3 weeks and would die if not rescued with peanut butter. This team projects that in the future incurable and chronic diseases will be eliminated by “fecal farming” in the gut. Such is an immense possibility for enhancement of human health.

Ruth Ley of Cornell U. reports that *Clostridium minuta* demonstrated fat gain in mice when fecal material from obese humans was received and then found lean people have more *C. minuta* bacteria in their feces than obese subjects.

Kenya Honda of Keio U. Tokyo is a pioneer in finding that gut flora has a correlation with a balanced immune system. He reports early use of antibiotics in life results in a statistically higher incidence of inflammatory bowel disease, asthma, colorectal cancer and childhood obesity. He states bacteria unquestionably calibrate the reactivity of the immune system.

As this research has developed there is a surprising finding for how fiber in the diet influences the bacterial bowel population, especially soluble dietary fibers. The protein, sugar and fat composition determine the fermentation/metabolic products bacteria make from bacterial nutrients supplied in the host's diet. This view is supported by P. Turnbaugh of U of California, San Francisco and S. Mazmanian of the California Institute of Technology in parallel independent investigations.

J.L. Sonnenburg of Stanford Medical School has found evidence that the “bacterial community” in the bowel can detect varying composition in the diet content that can be a disease causing environment that can turn on or off various genes to make products that can change the gut environment into a healthy climate.

This last research is gratifying to read regarding decisions used in the selection of Ingredients in NEW EDEN. An enhancement in user responses from the field was achieved by selecting as native or natural and unprocessed as feasible, ingredients avoiding pharmaceutical grade isolated and purified plant substances. Thus, more benefit was provided by providing a diversity of plant cell metabolic supporting nutrient molecules. The requirements for plant cell gene orchestrated metabolism are not that different than gene requirements for human or mammal cellular synthesis. Such a choice was especially present by use of Bialoe aloe powder that is 100% water soluble and therefore offers health promoting and supporting nutrition for microbiota of the bowel. The initial intent in formulating NEW EDEN was to only provide as broad as possible composition of nutrient molecules used by cells in the biochemistry of life. It is also reassuring that NEW EDEN was designed to be added to food and drink and that the long term anecdotal observation has been that people experience the best benefits was by adding NEW EDEN to different flavors of yogurt, a long recognized healthy food. Metchnikoff chose fermented milk products over a century ago for prolonging life. More modern science is proving he was correct. This cited developing current research into the role bowel flora plays in optimizing human health is in harmony with such suggestions.

Totally separate from the prior cited research, F. Scheperjans, M.D. PhD., Dept. Neurology, University of Helsinki Finland, with other investigators published an article in ***Movement Disorders***, Gut Microbiota

are Related to Parkinson's Disease and Clinical Phenotype. Provothellaceas species average in Parkinson's patient's feces was reduced 77.6% compared to peer normal controls.

NEW EDEN provided in a 38 patient open pilot study based in Houston, Texas produced a 36.8% improvement rate averaging 28% in 6 months. The benefits were presumed to be secondary to only an improved supply of nutrient molecules for the biochemistry of the central nervous system. The research cited above raises the question of is this the only mechanism of clinical improvements? Might the nutrient ingredients in NEW EDEN supply special nutrition to health promoting bacteria?

Parkinson's and Alzheimer's diseases are both neuro-degenerative caused conditions. J.E. Lewis Ph.D. of the University of Miami Miller School of medicine and others reported the first clinical study in Alzheimer's patients for which 46% improved memory and cognition and 54% did not progress with their dementia during the 12 month study period. This was achieved with aloe oligosaccharides and micro-nutrients with no examination of bowel flora. The above accumulation of data suggests this factor should be evaluated in future investigations.

G. Kaats. Ph.D has published a book , ***Restructuring Body Composition***, (source 210- 824 4200) documenting that aloe oligosaccharides combined with other plant nutrients alters the objective biomarkers associated with the disabilities of aging and changes them to a more youthful value with a parallel increase in quality of life. This pioneering finding based on 18,000 subjects is now being confirmed by multiple mechanisms for obtaining such beneficial results. A question arises.

In the organization and interdependence of life forms in nature, both plant and animal, microscopic and macro-forms, well demonstrated in estuaries, oceans, lakes and land masses where the stability and sustainability for life forms are dependent on a balance of all life forms; does such a requirement extend to the population of mammalian cells constituting a creature and the host's micro-flora in its bowel. Does this relationship follow a parallel habitat symbiosis? Is a significant eco-system that supports life, optimal health and healing being revealed?

On considering the full text of the ***Scientific American*** articles in the cited issue, this correspondent felt intellectually ambushed by the messenger of new knowledge and especially for the degree of scientific certainty documented by current bowel flora and enhanced nutrition research. To the last measure of doubt or skepticism one might still possess, is the fact that in the human bowel the number of bacterial organisms and DNA organized as active chromosomes, amounts to over 10 times the number of cells and DNA in the entire human body. Such a coherently organized bioactive mass of organisms is being found to possess an immense capacity to support good health or inflict damage. One can be encouraged that research is being directed toward enlisting this potentially formidable natural capacity to be mobilized in the future for elevating the quality of human health and longevity. HRMcD 3/2015