



E-Newsletter

Issue 03

Date : October 2008

[www.nutritherapy.co.za](http://www.nutritherapy.co.za)

[\[Subscribe\]](#)

*Your Way to Health*

### 3 Keys to Heart Health

In this month's newsletter we take a look at the Fantastic new book "The Sinatra Solution". Three simple nutrients that could have you singing your way to a future free from the ravages of Heart Disease.

Renowned Cardiologist and Author Dr Stephen T Sinatra, no relation to Frank. Details the steps to be taken to not only prevent but often reverse many different forms of Heart Disease.

We look specifically at the importance of 3 key nutrients namely Co-Enzyme Q10, L-Carnitine and D-Ribose. If you suffer or know of someone who suffers from any form of heart disease this could be the most important article you ever read. [Read More](#)

### Testimonial from KZN Patient Grant Trebble

#### Extract from Statement

"Approximately 12 years ago I was diagnosed with malignant melanomas (skin cancer) after having being misdiagnosed by a leading skin specialist in Durban who prefers beauty therapy to getting his hands dirty. The melanomas were always cut out and certain preventative treatment was undertaken using Photodynamic Therapy to shrink tumors prior to surgery or eradicate those tumors which could not easily be seen. However, the cancer became highly aggressive and recently spread to my lymph system under both arms and in the groin. During these 12 years, I believe that I managed to keep the cancer at bay by using Dr. Hilda Clarke's treatments (around acids) (thanks to Kathryn) and taking Cellfood (thanks to Donia) everyday - which I researched extensively. Through my own fault, these interventions were never completed at a level that got rid of

*Sally T.'s*  
Optimum Biochemical Nutrition



**ON THE RUN  
DIET SHAKE IN  
CHOCOLATE,  
STRAWBERRY, VANILLA  
R168.44**

the cancer but purely kept it in check. When a particular tumor reappeared for the sixth time in the same spot (after three operations and 3 PDT treatments) and my lymph became infected, I realised that I would need to address this once and for all." [Read More](#)

## Nutri-Sweep Promotion

To reward our newsletter subscribers we have been running a promotion giving away 5 Nutri-Sweep Multivitamins.

This Months winner is Melissa Shelver from East London

Congratulations Melissa we wish you the best of health.

### Tell your friends and Win



Send this email to a friend. If they signup for our monthly newsletter you could win 1 of 5 Nutri-Sweep Multivitamin Powders.

NutriTherapy<sup>®</sup>

Heart Special



Co-enzyme Q10  
L-Carnitine  
D-Ribose  
Nutrisweep  
R600

### Watch Promotion:

Make a purchase of over R200.00 on [www.nutritherapy.co.za](http://www.nutritherapy.co.za) during or before the end of the year and stand a chance of winning either a ladies Tommy Hilfiger or a gents Festina watch.



[Click here for more details](#)

#### Newsletter Mail List

If you have enjoyed this montly newsletter and are not already on our mailing list please use the link below.

[\[Subscribe\]](#)

Nutritherapy follows a strict anti-SPAM policy and only uses permission based email address in it mail outs. If you have received this mail in error or would like to unsubscribe from our newsletter list please use the link below.

[\[Unsubscribe\]](#)

Know someone who would enjoy this newsletter? Send it to them.

[\[Send to a friend\]](#)

Our mailing address is:  
newsletter@nutritherapy.co.za

Our telephone:  
+27 11 452 4703

Copyright (C) 2007 Nutritherapy CC All rights reserved.

## The Three Keys, Co enzyme Q10, L- Carnitine, D-Ribose

Extract from the Sinatra Solution

"I Began to understand that treating Heart disease is not just about supply and demand for oxygenated blood, but more important it's about supply and demand for cellular energy. I learned that it's not oxygen that makes the difference, its ATP!"

Dr Sinatra a practicing cardiologist from the United States is one of the world's leading cardiologist in the field of nutritional medicine and Heart Disease. He suggests a simple yet powerful solution to many of the heart problems that plague our current civilization. The basis is simple improve the amount of energy produced within the cell particularly the heart cells and most of your heart problems disappear. It all comes down to the adenosine triphosphate (ATP) produced within the mitochondria of our cells. When you think ATP you must think ENERGY, ENERGY, ENERGY. By preserving the mitochondrial ATP in our heart cells we improve the pulsation of the cells and subsequently the function of the entire organ.

Dr Sinatra often refers to his "awesome foursome" comprising of Co Q10, L- Carnitine, D-ribose and Magnesium. We will be focusing on the first three as the importance of Magnesium for cardio vascular health was dealt with in great detail in our September Newsletter. However the importance of Magnesium in this protocol should not be overlooked it is still an essential part of this process.

### Co enzyme Q10

Co-enzyme Q10 or CoQ10 is a vitamin or vitamin like substance found in certain foods. It is also synthesized in the body. It is a cofactor in the Krebs cycle and is essential in the production of adenosine triphosphate (ATP), upon which all cellular functions depend. Co-enzyme Q10 synthesis decreases with age. A clear link between deficiencies in Co-Enzyme Q10 and certain cardio-vascular conditions has been established through over 300 different studies and trials worldwide.

CoQ10 is known to be highly concentrated in heart muscle cells due to the high energy requirements of this cell type. Supplementation of Co-enzyme Q10 has proven to be effective in the treatment of congestive heart failure, acute myocardial infarction, and hypertension. Initial studies suggest that Co-enzyme Q10 may also be beneficial for angina, mitral valve prolapse in children, intraoperative cardioprotection.

### L-Carnitine

L-Carnitine is an amino acid synthesised within the body from Lysine and Methionine and is also found in certain foods. It is primarily found in meat and as such Carnitine deficiency is more prevalent in vegetarians. However with the correct balance of grains which supply Methionine and legumes which supply Lysine vegetarians can help to correct this problem yet it is still suggested that as a vegetarian you should look at some form of Carnitine supplementation.

Carnitine's primary function is the transport of Long Chain Fatty Acids across the inner mitochondrial membrane. These fatty acids are essential in the production of ATP and as such without Carnitine they

cannot be used correctly by the body. Carnitine is also important in the transport of Co Enzyme A which binds to numerous other molecules making them more reactive and effective.

#### D-Ribose

Finally the last piece of the puzzle comes in the form of the 5 carbon sugar known as d-ribose or a-D-Ribofuranose. The problem with the forms of supplementation described above namely Co Q10 and L-Carnitine is that although they are essential in the production of energy they cannot on their own completely replace the ATP pool once it has been depleted due to lack of oxygen. D-Ribose is the missing link in the sense that it can return ATP levels back to normal. This process happens in the body naturally however it can be dramatically increased through supplementation.

#### Extract from the Sinatra Solution

"It is a well accepted fact that Ischemia (constriction of blood flow/oxygen) may cause the hearts to lose up to 50% of their ATP pool. Even if blood flow and oxygen are restored to normal levels, it may take up to ten days for otherwise healthy hearts to rebuild cellular energy and normalize diastolic cardiac function. When ribose is given to hearts under the same conditions of ischemia and reperfusion, energy recover and diastolic function return to normal in an average of 1-2 days!"

Further benefits of D-ribose supplementation include the increased endurance that can be attained by athletes, as it helps to restore energy levels after excessive exercise. The basis is the same the only difference being that a person suffering from heart disease depletes their energy with a very small amount of activity due to the fact that they have a reduced capability to circulate the required nutrients, a person who is doing intensive training often also depletes their energy reserves through excessive energy requirements. This can be restored through the use of D-ribose.

#### Magnesium

Magnesium is a vital mineral used by enzymes that make energy synthesis possible. Without this mineral the cells energy metabolism would grind to a halt.

In conclusion it can be said that the awesome foursome are responsible for the production and recycling of ATP which is the cells energy currency. This makes for improved function of heart and skeletal muscle.

The recommended dosage for the above nutrient per day are

#### High Blood Pressure

Co enzyme Q10 - 100mg

L-carnitine- 500mg

D-ribose- 5 grams

Magnesium 400mg

#### Stable Angina Pectoris

Co enzyme Q10 - 150mg

L-carnitine- 1000mg

D-ribose- 10-15 grams

Magnesium 600mg

#### Cardiac arrhythmia and intermittent atrial fibrillation

Co enzyme Q10 - 200mg

L-carnitine- 1000mg

D-ribose- 7-10 grams

Magnesium 400mg

Congestive Heart Failure

Co enzyme Q10 - 300mg

L-carnitine- 2000mg

D-ribose- 10-15 grams

Magnesium 400mg

Professional Athletes

Co enzyme Q10 - 250mg

L-carnitine- 2000mg

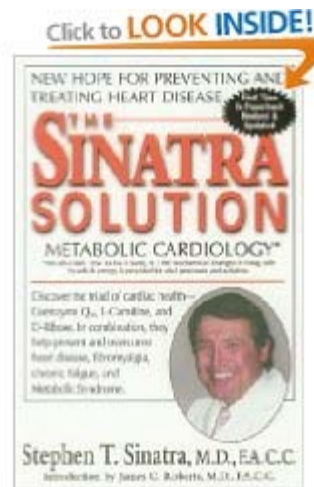
D-ribose- 15-20 grams

Magnesium 800mg

It is also suggested that if you are suffering from a heart problem you should take additional Fish oils and a good cardiac multi-vitamin such as Nutri-Sweep.

If you are interested in reading more about the importance of the following nutrients Dr Sinatra's book can be purchased online at [AMAZON](#)

The following products are available through our online store or see our november heart health special.





Co enzyme Q10 [BUY NOW](#) R100.00



L-Carnitine [BUY NOW](#) R90.00



D-Ribose [BUY NOW](#) R220.00



Nutri-Sweep [BUY NOW](#) R270.00

Testimonial from KZN patient Grant Trebble

Hi all,

Subsequent to my good news, actually my brilliant news, many of you have asked for more details regarding the treatment I underwent. I have sent it to a broader group in the hope that more people start exploring these effective alternatives. Please feel free to send it on and, obviously, contact Dr. Priscilla Rowan at +27 11 452 4703 ([www.nutritherapy.co.za](http://www.nutritherapy.co.za)) should you see merit in getting to grips with any underlying, recurring health issues. Although I was there for the treatment of cancer, I came across all sorts of people being treated for just about everything under the sun. What is interesting to note is that everyone who continued with the program set out by Dr. Rowan understood the basis of the treatment AND understood how the treatment could fix their particular problem. The cause behind each disease is generally specific to the person and it is worth getting to the bottom of the cause as opposed to constantly treating the symptoms - logic prevails in most cases.

Recap

Approximately 12 years ago I was diagnosed with malignant melanomas (skin cancer) after having being misdiagnosed by a leading skin specialist in Durban who prefers beauty therapy to getting his hands dirty. The melanomas were always cut out and certain preventative treatment was undertaken using Photodynamic Therapy to shrink tumors prior to surgery or eradicate those tumors which could not easily be seen. However, the cancer became highly aggressive and recently spread to my lymph system under both arms and in the groin. During these 12 years, I believe that I managed to keep the cancer at bay by using Dr. Hilda Clarke's treatments (around acids) (thanks to Kathryn) and taking Cellfood (thanks to Donia) everyday - which I researched extensively. Through my own fault, these interventions were never completed at a level that got rid of the cancer but purely kept it in check. When a particular tumor reappeared for the sixth time in the same spot (after three operations and 3 PDT treatments) and my lymph became infected, I realised that I would need to address this once and for all.

Treatment

I was fortunate to find Dr. Rowan and her team as a result of my research into Ozone Therapy - thanks to Donne Ness and Carmen. After assessing my blood, Dr. Rowan (a qualified Anesthetist and Homeopath) developed a program for me that would start an entire process of changing the chemistry that had made me ill in the first place. This consisted of:

- **ALKALISING:** An intensive course of intravenous Sodium Bicarbonate to alkalize my system which would then cause a die-off the fungi, bacteria and parasites in my body - those organisms that were anaerobic. My blood looked like a snow storm with all the fungi floating around. I had extremely high acid levels for most of my life - partly genetic and partly diet related - which over a period of time caused some of my cells to become anaerobic and ultimately malignant. The theory is that the 'bad bugs' thrive in an acidic environment and release chemicals to your brain that then makes you want to eat the foods that feed the 'bad bugs'. A vicious circle which ultimately laid the foundation for disrupted/malignant cells to establish themselves in my system. In a nutshell, blood which is at its optimum pH is better equipped to carry oxygen to the cells and anaerobic, cancerous cells, fungi etc. are not able to survive in an alkaline or oxygenated state. I would suggest that people quickly explore these alternate treatments before going into the more conventional options. Remember that your doctors have not been trained in alternative

medicines and rely on the pharmaceutical companies to advise them on what is the recommended treatment. YOU MUST TAKE CONTROL OF THE WHOLE PROCESS OF GETTING HEALTHY, DO THE RESEARCH AND ASK THE TOUGH QUESTIONS.

- VIRAL ERADICATION: Another key part of the program was to take Sodium Chlorite (a relatively new treatment) both orally and intravenously. Sodium Chlorite works at a cellular and sub-cellular level to eradicate viruses. Interestingly, some character has just won the Nobel Prize for identifying the virus that causes cervical cancer. There is growing acceptance that many cancers are caused by viruses - something known for many years by 'alternate' medicine.
- CLEANSING: In addition, I was put on a complete cleansing program; liver, kidney, parasite and colon (without the hosepipe - thank goodness).
- Another important aspect for me was to rid myself of brain 'numbness'. As a result of the Sodium Bicarbonate, the 'acid bath' around my brain started clearing and, with a few supplements, my brain function has improved significantly.
- With this cleansing process and pH stabilization underway, my oxygen uptake improved significantly which is such a key aspect of health.
- SUPPLEMENTATION: There were certain minerals and vitamins added to the drips I was on and these were administered on a monthly basis for three days at a time (initially 8 days).
- I continued with the various supplements I was on.

Treatments such as chemotherapy and radiation are indiscriminate in what they target (75% of Australian oncologists will not put their families on chemo treatment) and your entire system is put under pressure. The treatment I was on laid the foundation for the 'bad bugs' to be dealt with while boosting my body's defenses - logic prevails. The treatment I had was inexpensive in comparison to 'normal' medicines and very simple. Even people who are feeling fine should consider doing the various cleansing programs, taking Sodium Chlorite for a period of time and taking an alkalizer daily.

#### Results and Maintenance

Interestingly, my results, after 6 months of treatment, indicate that my cancer levels are all more than 50% below the accepted norm. I will know visit Dr. Rowan in 6 weeks and thereafter every 3 months to maintain my 'levels of wellness'. I understand that I am susceptible to cancer and have been advised to continue with the following:

- Maintain optimum pH levels by taking an alkalizer daily. Diet and stress play an important role in this as well and I anticipate taking an alkalizer for the rest of my life. Dr. Auer noted in his research that approximately 80% of deaths were as a result of acidosis.
- Continue with Sodium Chlorite for another two months and then for a week every month.
- Boost my immune system.
- Regularly cleanse my system.

That is as simple as it gets. I must note that you can feel blooming awful on the treatment - dependant on your fungal, bacterial and viral load - but unlike chemotherapy and radiation treatments you are only killing the bad bugs and after the nausea, shakes and headache, which generally don't last more than 6 to 8 hours you start feeling better. Never be put off by those reactions as it means that the bad bugs are dying off and you are having a reaction to the toxins/proteins released in the die off. My last treatment was relatively easy as my system is no longer so affected - so stick with the treatment regardless. I have never felt better.

Looking back from my current perspective, I now realise that there were many indicators as to this acid load that I or my doctors did not pick up on. The symptoms come and go depending on the quality/alkalinity of your diet and stress levels. These included:

- Stiff, painful joints from a young age.
- A reddish tinge to the face in particular.
- A constant redness on the lower eyelid.
- Acidic sweat.
- Inexplicable lethargy - even when you know you are fit.
- Could not wear a digital watch due to high acid levels - weird, but the Japanese manufacturer pointed that out 23 years ago.
- In extreme cases, reduced mental function.
- Reduced oxygen uptake at altitude.
- Most people have reflux but I was spared that due to the fact that I am a vegetarian - meat is acid forming.
- Cravings for certain foods - mostly those that form acids.

As I mentioned previously, there are many ailments that can be treated with similar methods and you would do well to investigate, with the help of the Nutritherapy team, ways to treat the underlying cause of the ailments and create a foundation of health that allows your body to operate at an optimal level to cope with the many stresses, both internal and external, that we are faced with.

IN SUMMARY; IF YOU HAVE A DREAD DISEASE OR AN ONGOING PROBLEM, INVESTIGATE THE ROOT CAUSE, FIND THE NATURAL PROCESSES THAT CAN CHANGE THE CHEMISTRY THAT MADE YOU ILL IN THE FIRST PLACE, TO A POINT WHERE YOUR SYSTEM HAS THE FOUNDATION AND TOOLS TO FIX ITSELF AND MAINTAIN OPTIMUM HEALTH.

THE THREE F's TAKE CARE OF THE REST - FAITH, FAMILY AND FRIENDS.

Again, thanks to everyone for their support. Your health is entirely in your own hands - do not leave it up to someone, who probably won't attend your funeral, to take all the decisions for you. My Faith in God has always been the most important part of my life and I believe that Faith and a positive mental attitude are paramount in fighting any disease, living with it or overcoming it. However, prevention is always the most important aspect to health and getting your pH balance and nutritional intake right will go a long way to preventing numerous disorders.

Cheers for now,

Grant

PS: AS IMPORTANT TO THIS WHOLE PROCESS IS THAT YOU STOP CONSUMING FISH FROM UNSUSTAINABLE STOCKS.



## Nutritherapy Watch Promotion

To celebrate our new online shopping facility Nutritherapy is giving away a ladies Tommy Hilfiger and a gents Festina watch. To qualify for the draw all you need to do is place an order on [www.nutritherapy.co.za](http://www.nutritherapy.co.za) before the 20 December 2008 with a minimum order valued over R200.00. Every time you place an order you will gain another entry into the draw. Terms and Conditions apply.

### Tommy Hilfiger Flagstaff Diamond Ladies Watch

This beautiful piece comes with Genuine diamond hour markers on a white dial with black roman numerals. The case size is 20mm x 35mm in stainless steel and is water resistant to 30m. The bracelet consists of stylish stainless steel links with a folding buckle and safety bar. The piece comes with full International warranty and is valued at R2500.

### Festina Men's Tour De France Tour AL 2 Watch

Festina the official chronographer of the tour de France has released these fashionable watches to mark the event. With a Black dial, an easy to use alarm function, unidirectional rotating bezel and stainless steel case. It is water resistant to 100m. Comes with full international warranty and is valued at R2800.

## Safe and Secure Online Shopping

Nutritherapy is proud to announce our new online shopping service. We stock brands from a number of well known local suppliers including Fortifood Health Services, Gaia Organics, Nutritherapy, Optimum Biochemical Nutrition, Orionis Tachyons, Ozone for Life.

Credit card services are secured by Virtual Card Services and offer a safe and reliable banking experience. We also accept direct deposit orders. With next day delivery via LIS Courier services or Counter to Counter Speed Services Post.

Take some time to search through our extensive product listing on [www.nutritherapy.co.za](http://www.nutritherapy.co.za)

### Terms and Conditions of Nutritherapy Watch Promotion

An entry to the draw is valid subsequent to the successful settlement of a credit card order or bank clearance of a direct deposit order before the closing date on the 20 December 2008. This promotion is only valid within the boundaries of South Africa. The prizes will be distributed on a first and second prize basis and Nutritherapy will not be held liable if your desired watch has already been distributed to another winner.

#### Newsletter Mail List

If you have enjoyed this monthly newsletter and would like to receive it in the future please use the link below.

[\[Subscribe\]](#)

Nutritherapy follows a strict anti-SPAM policy and only uses permission based email address in its mail outs. If you have received this mail in error or would like to unsubscribe from our newsletter list please use the link below.

[\[Unsubscribe\]](#)

Know someone who would enjoy this newsletter? Send it to them.

[\[Send to a friend\]](#)

Our mailing address is:  
newsletter@nutritherapy.co.za

Our telephone:  
+27 11 452 4703

Copyright (C) 2007 Nutritherapy CC All rights reserved.