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The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.

The million-year-old detoxifying miracle dredged up from a prehistoric lava lake

by Alicia Potee

I don't know, maybe it's the name... *Sacred Healing Clay*. It just conjures up images of drum circles heavy with incense. Or maybe it's the idea that rubbing a gooey paste of clay on your body could pull toxins out of your skin...not to mention from your internal organs.

The lack of clinical evidence didn't help any. Its own distributor admits he doesn't understand the clay's curative properties. So it's safe to say that my first reactions to the substance they're calling Sacred Healing Clay were skeptical. *Very* skeptical.

But there's one thing I couldn't overlook: the sensational first-hand accounts from loyal customers—claims that it wiped out severe flare-ups of shingles, dramatically decreased blood pressure levels, and doubled both energy and sleep quality. These were bold stamps of approval—and ones that I just couldn't ignore.

So what do I do? Tell you about a product based on a few striking testimonials that swear by it? Or do I wait until the scientific community vouches for its merit before I share the exciting (not to mention double-blind and placebo-controlled) news with you?

You already know the answer to this dilemma. Choosing untested products can be a gamble—but it's one that we've seen pay off handsomely more than once. And if Sacred Healing Clay actually delivers what it promises—not least of all, freedom from debilitating pain and disease—I'm pretty sure trying it is a

chance worth taking.

In fact, it was just this kind of chance that paid off for Dorman Cox. He's the founder of Eee-Wah-Kee, LLC—the company that's putting this special clay on the natural health map. Having been in the clay harvesting business for years, Cox already knew how beneficial it was for the earth. But all it took was one bizarre suggestion to open his eyes to the healing goldmine (or *claymine*, as the case may be) before him.

Essential healing for the earth and your body

Cox suffered from severe stomach ulcers his entire life. But after following desperate regimens of prescription drugs and antibiotics, and even experimenting with different herbs, he still couldn't find relief. Each week saw him downing bottles full of Maalox and several packages of Tums and Roloids—all just to make it through the day without pain.

He thought he'd heard it all—until his friend Ray, an Oregon clay miner, suggested that he try eating a little of the clay he harvested. Ray knew someone who had cured a nasty case of food poisoning this way—so with a sense of humor, and nothing to lose, Cox decided to take his advice. To his amazement, his stomach was almost completely healed after only 10 days of treatment.

Cox's recovery might strike you as miraculous—until you consider the

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Our Mission

The *Health Sciences Institute* is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

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Sacred Healing Clay

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earliest roots of his fascination with this particular clay, called *pyrophyllite*. Initially, he believed (as he still does today) that it would revolutionize the agricultural industry by helping prevent fertilizers from reaching ground water, and by converting the soil's nutrients into a form that's more available to the plants that grow in it.

With amorphous silicon comprising over half of pyrophyllite clay's mineral composition, adding it to farming soil would be the first step in cleaning up the mess left behind by commercial farming practices. It would also increase crop yield, nutrient uptake, and fungus and pestilence resistance—all without the use of environmentally hazardous chemicals.

With Ray's help, Cox set his sights on the unique pyrophyllite deposit near Oregon's Crater Lake—the most recently discovered source of this clay in the United States—eager to introduce the world to this hidden agricultural breakthrough. But once he experienced the clay's rumored healing properties first-hand, he realized that its promise reached a lot further than farmland. So he asked herbalist Michael King to help him launch a foray into the business of natural cures.

I was able to speak personally with King, who was more than happy to explain to me exactly what pyrophyllite clay is—and just how beneficial it can be to your body.

**Over 100 compounds that
soak up deadly toxins—
from the inside and out**

Although you'll find this miraculous mud near the relatively

young Crater Lake, the clay itself has actually been stewing there for millions of years. Once a prehistoric underground lake of molten lava, scientists theorize that a glacier pushed off its hardened cap in the last ice age. This geological movement exposed the mineral-rich contents beneath, which then cooled and decomposed into the clay we find now.

It contains at least 65 identifiable minerals and trace elements, King said. But the total number of minerals, rare earths, and other compounds actually suspected to be in it is somewhere closer to 100. The most abundant of these include silicon (in the form of silicates, as I mentioned before), iron, magnesium, potassium, calcium, and phosphorous.

These compounds and minerals are essential nutrition for your body's most basic cellular functions, like collagen repair, cell metabolism, and all of your thoughts and movements. But there was one figure that *really* disturbed me—aluminum comprises a hefty 23 percent of Crater Lake's pyrophyllite clay.

Researchers have linked aluminum toxicity to both breast cancer and Alzheimer's disease. So I couldn't see how ingesting a clay that's almost a quarter aluminum would be anywhere *near* healthy—in fact, it sounded downright dangerous to me. But King assured me that pyrophyllite is perfectly safe. It's plain old misinformation that sends people running when they see the content, he said.

Any mineral or compound synthetically separated from its original organic form can be harmful—even the "healthiest" ones. Just as certain free minerals can damage the soil, they can

damage your body, too. It's *this* oxidized heavy metal form of aluminum that leads to toxicity—and it's also the kind that's behind the most recent links to cancer and Alzheimer's.

But the silicates alongside the aluminum in pyrophyllite clay render it completely harmless, King said. In fact, recent science has shown that large amounts of silica can actually *protect* you from aluminum toxicity.^{1,2} Its strong capacity for cation exchange shields your body in much the same way as an ionic filter purifies water or air—by balancing positively and negatively charged ions, while at the same time bonding with heavy metals to neutralize their potentially harmful effects.

King explained that pyrophyllite clay, probably more than any other clay available, is loaded with electrical energy. Its strong nega-

tive charge acts as an unparalleled attracting force for toxins, heavy metals, and free radicals in your body—most of which have a positive charge.

It's because of this strong electromagnetic pull, he continued, that simply rubbing a paste made from the clay on a specific part of your body will draw toxins out from that area. Rubbing it over your liver will eliminate stored toxins—an application on your jaw can draw out infection from your gums. Clay baths (in which you would add just a half a cup of the clay into a full tub) offer mild, full-body detoxification. Likewise, eating the clay or drinking a clay and water tonic will draw out toxins and free radicals from within.

But this is where King added a few words of warning: Pyrophyllite clay is an extraordinarily strong detoxifier. If you're unusually toxic

(as you would be if you've had prolonged exposure to radiation, chemicals, or drugs) you want to start slow—your level of toxicity will increase before it improves, and the process can be hard on your body. Because of this, King suggests that you start with clay baths before taking the clay internally.

Along those lines, you also want to be careful if you're taking any kind of prescription medication. Pyrophyllite will inevitably pull the drug right out of your system (though depending on how you look at it, that could be more of a benefit than a drawback). Nevertheless, the side effects of withdrawal in either of these situations can be serious—so you'll probably want to consult with a doctor who's familiar with this kind of treatment first.

A history of unprecedented—but unproven—healing potential

So pyrophyllite clay is an excellent (and safe) source of minerals. This alone is enough to make it supplement-worthy—and it didn't surprise me at all that Native Americans (and early American settlers after them) used it in their folk medicine and farming for centuries.

The list of conditions that King says it can treat is long: fungal overgrowth, food poisoning, poison oak, heavy metal toxicity, skin complaints, ulcers, obesity, insect bites, burns, rashes, wounds, bruises, tendonitis, wrinkles...even broken bones. One woman claimed that it cured her severe (and treatment-resistant) case of shingles after just two applications. Another said that the clay removed a rogue piece of foreign material that had been lodged beneath her husband's skin

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Put a cherry on top of this classic joint-care combo

Here's an oldie but a goodie: In May of 2005, we told you about Tart Cherry capsules, a whole food supplement from Fruit Advantage that harnesses all of the health benefits of Montmorency tart cherries. And since then, research on the power of cherries has continued to mount, sending it even higher up the scale in superfruit status.

Tart cherries are packed with antioxidants, like melatonin and anthocyanins (the flavonoids that gives them their bright red color), so including them in your diet can elevate your mood and boost your energy. Studies have also shown that it's a safe and natural way to reduce the muscle, joint, and tendon pain that comes along with strenuous exercise, arthritis—or even a more serious case of gout.

If you're already taking Tart Cherry capsules for joint pain, the new formulation from Fruit Advantage (called Cherry Prime) will definitely help you to streamline your supplement regimen. By teaming tart cherries up with classic joint-care mainstays glucosamine and chondroitin, Cherry Prime delivers the perfect combo for pain relief and flexibility. Check out the Members Source Directory on page 8 for ordering details.

Sacred Healing Clay

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for years—overnight.

But without much documentation aside from these testimonials, King emphasizes pyrophyllite clay's impressive agricultural track record instead. From the looks of it, the clay detoxifies, strengthens, and nourishes your body just as it does the soil—though he admits that the key to its unusual healing powers is still a mystery.

Personally, I'm still on the fence as to the value of this type of paramagnetic therapy, and I can't say whether or not the scientific explanations provided are true. Even so, I'm open to the possibility that

there's *something* special about this clay. After all, charcoal and other types of clay have been popular components in water filtration systems for a while now—not to mention being widely used by emergency room doctors to soak up poisons from your stomach.

But is any of this really what's happening in your body when you bathe with or drink Sacred Healing Clay? I don't know—and the exact mechanism behind its supposed effects will only be discovered as the benefit of extensive research.

Then again, *how* it works is not so important here—what you or I (or *anyone*) cares about is simply that it works at all. When

you're suffering from a painful and debilitating condition, you don't want to wait 10 years for someone in a lab coat to tell you that a previously unproven cure can actually help you. Certainly not when you could have found out for yourself in the first place.

So maybe Sacred Healing Clay *won't* really heal you. And maybe it will. Ultimately, it's up to you to decide for yourself whether or not you believe it can help your condition. All I really know for sure is there's a whole slew of people out there who are convinced this ancient stuff is helping them lead a healthier, happier life. **HSI**

Citations available upon request and on the HSI website

Sweet! New studies back up the benefits of this energy-boosting, heart-strengthening sugar

—by Hyla Cass, M.D.

The mainstream has finally begun to recognize fibromyalgia and chronic fatigue syndrome for the devastating physical conditions that they are—not merely figments of a growing population's imagination. But in spite of this acknowledgment, these diseases aren't getting any easier for your typical doctor to diagnose or to treat.

In my 20-plus years of practice, finding a safe and natural way to effectively end the suffering that comes with either of these conditions has been one of my biggest professional priorities. And that's why I'm so excited about the body of scientific research that just keeps building in support of D-ribose's clinical significance.

In June of 2005, I told you about Kris, a 37-year-old veterinary surgeon forced to give up her practice because of the pain and

fatigue of her fibromyalgia. Her case study, published in the journal *Pharmacotherapy*, described how daily supplementation with ribose completely reversed her debilitating symptoms within just two weeks, allowing her to return to the operating room and continue working in the profession she loved.¹

Personally, I've seen several remarkable turn-arounds like Kris's since I began using ribose in my practice. I count on it for any number of conditions, like fibromyalgia, cardiac problems, or just plain low energy. It restores and maintains the energy health of my patients' hearts and muscles—and I know the difference it's made in so many of their lives.

Just in the past year, there have been two major studies published that demonstrate the dramatic effects of ribose on both fibromyalgia and

coronary artery disease. I'll tell you more about those in a moment—but first, let me refresh your memory as to what ribose is, and exactly what it does.

Recharge your cells and double your energy

D-ribose, or simply "ribose," is a sugar that is essential for the production of adenosine triphosphate, or ATP—the energy currency of every cell in your body. In other words, you need ribose to produce the ATP that keeps your cellular energy batteries fully charged.

Since your muscles (including your heart muscle) produce an abundance of ATP, they require a good supply of ribose. This is particularly important in the many conditions that place metabolic stress on your heart and other muscles—including heart disease, congestive heart failure,