



The Body ReNEWS

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Sandy will be out of the office on Friday, March 2nd. We will be open from 10-2 for supplement sales.

Renew, Revitalize, Detoxify and Purify This Month

January, the time when most people are either setting New Year's resolutions or at least trying to eat healthy and exercise to make up for all the bad foods consumed during the holidays. It's sort of a renewing at the start of a new year.

Here at Body Renew, we have three programs, which we are featuring this month to help with your 2012 goals.

First is the Standard Process Purification Program. This is a 21-day program that uses both Standard Process supplements and diet to help cleanse your body. This program is great for people who normally have a decent diet and would just like a cleansing program to start off the year. The cost of this program is \$223.00 or

\$239.00 (more for Dairy Free version).

Second is the Biotics Detox Program. This program consists of a 10-day detoxification process that includes supplements, protein shakes and diet guidelines. This program is beneficial to people who are struggling with heavy metal toxicity or need a good detoxification program. The cost for this program is \$239.50.

Third is the hA²cg Program. This program is a diet/detox program using hA²cg drops from Deseret Biologicals along with the set of six detox drops. The 43-day program cost \$340, the 26-day program cost \$240, and the new 1000-calorie program is \$305 for a two week period. Before start-

ing this program, you should go to our website and download and read the Pounds and Inches document that outlines the program. This program is recommended for those who are most interested in weight loss and detoxification.

Before starting one of these programs, you need to schedule an appointment to meet with Sandy so she can determine which program would be most beneficial for you and give you all the materials to get you started.*

During the month of February, each program will be 10% off the regular price.



Homemade Chocolates

1/4 cup Tropical Traditions expeller-pressed coconut oil
1/4 cup Tropical Traditions Gold Label virgin coconut oil
6 Tbsp cocoa powder
2 Tbsp maple syrup
2 tsp vanilla
Dash of salt

Melt oils, then combine with other ingredients and mix well. Pour into candy molds, or you may pour about 1 Tbsp of the mixture into ice cube trays. Place in the fridge or freezer. Sets up in about 10-15 minutes. You may also substitute agave nectar for the maple syrup. If the chocolates are too bitter for your taste, cut back on the amount of cocoa powder.



Flawless Reflections Sweetheart Special

Pamper yourself in February with a facial (acne, European, anti-aging, etc) and receive a sweetheart of a deal. For any facial purchased during the month of February, you will receive a gift bag with a glo cherry lip balm (retail price \$12) and a gift card for \$10, which may be used towards any future service. The Cherry Balm from glo minerals protects lips with full-spectrum SPF 15 while nurturing botanicals of Hemp Seed Oil, Meadowfoam and Mango Seed Butter soothe and heal. A facial gift certificate would make a perfect Valentine's gift for that

special someone. The benefits of a facial last much longer than chocolates! Plus you can give the gift of a facial and keep the gift bag for yourself.



Super Tough Bugs: Bronchitis and Pneumonia

The increasing use of potent antibiotics is one of the reasons for the ever-present life-threatening hospital infections. As more and more potent antibiotics are developed, increasingly resistant strains of microbes evolve. In other words, there are "bugs" for which we have no drugs, or bugs that are resistant to all our drugs, no matter how powerful. In the meantime, Big Pharma races to develop new antibiotics. But for now the superbugs are here and most prevalent

in our hospitals.

Even everyday bugs, such as the common bacteria and viruses that cause colds are stronger than ever. They have also been evolving and developing resistance to our drugs. That makes colds, flu, and infections more serious and more difficult to treat.

Even if you are not taking antibiotics, there is a good chance that you are still getting pharmaceuticals through the foods you eat. **(Continued on page 2)**

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

1. West, Bruce. D.C. *Health Alert*. January 2012. Volume 29 Issue 1.

2. Silhavy, Brian & Marianita. *Virgin Coconut Oil*. Tropical Traditions, Inc. West Bend, Wisconsin. 2011.

Hyperactive, ADD, ADHD, and Depressed Kids

Have you ever been in public and seen a child behaving in a way that is totally out-of-control? Hopefully you (as a parent) have never had to deal with such a child. It can be extremely difficult to be around a child like this, but many times, they cannot help the fact that their brains are hurting—that is, starved for nutrition and causing them to behave outrageously. Unfortunately, very few of them will have the underlying cause of behavioral problems, hyperactivity, anxiety, and depression addressed.

"Instead they will continue to eat nonfoods that will damage their brains further. They will eat loads of sugar that will add stress to their hyperactivity or depression. They will be deprived of the vitamin B complex, multimineral, and omega-3 nutrition their brains crave."³ Their parents may take them to therapists, which can help but ignores the underlying nutritional problems. They may possibly be drugged into behaving better, but this too ignores the underlying cause of their problems and carries serious side effects that can extend into adulthood. Or they may simply be beaten into submission.

The most common syndrome caused by these nutritional deficits is hyperactivity. You know the kids, they can't

sit still, can't concentrate, do poorly in school, never shut up, act out constantly, even scream and rant and rave like maniacs. This particular brain issue is caused primarily by a lack of foods rich in the vitamin G complex. The vitamin G complex is the portion of the whole B vitamin complex that has a calming effect. It aids in the metabolism of fats—which is needed in the forming brain. It is calming to the nervous system and contains the antipellagra factors.

Pellagra is a B-vitamin deficiency disease that affects millions of kids on a subclinical level. Subclinical pellagra is not a full-blown case of the disease but it does cause significant problems. Pellagra is known to cause three main problems—diarrhea, dermatitis, and hyperactivity/depression. Some children may only suffer from the brain and neurological problems caused by a starving nervous system. Others suffer from chronic diarrhea or gut problems, and others suffer from chronic dermatitis and skin problems, rashes, and breakouts. Still others have two or all three of these symptoms all caused by a vitamin B complex deficiency.

How is it possible that children in modern America suffer from pellagra? First of all, most children in the U.S. eat zero foods that are rich in B vitamins—liver, nutritional yeast, beets, or wheat germ. Most

children eat lots of nonfoods that make a vitamin B deficiency worse. How much sugar do your kids eat daily? Have you looked at the amount of sugar in one can of soda? A can of root beer contains 72 grams of sugar!

To give you an idea of what 72 grams of sugar looks like—take a milk glass, fill it halfway with sugar, and drink it all at once. This is in one soft drink, not to mention the rest of the day's nonfood that is consumed, loaded with more sugar, salt, gluten, and brain-altering chemicals. No wonder kids are severely B-deficient. Now do this on a daily basis for months or even years, and it's no wonder that almost one-fifth of our kids are now drugged into submission.

A Danish study found that drinking regular sodas leads to dramatic increases in hard-to-detect fats, such as liver fat and skeletal fat. And don't think that diet drinks are better. Diet drinks have dyes and artificial sweeteners that have been linked to brain damage and hyperactivity, and research has shown that people who drink diet drinks have a higher risk of developing diabetes.⁴

Not all ADD, ADHD, or neurological syndromes in children are caused by a nutritional deficiency, but most are. So, where do you start?

You should start immediately to fill in the nutritional

voids. Next, get the sugar out of their diet. You won't be able to avoid it all, but you can cut it by about 80% by eliminating soda (probably the worst thing of all for kids), most sweets and breads, all supermarket breakfast cereals, all fast foods (should never be fed to kids), and most processed foods.

Instead, feed children real food—such as those nature provides, including real eggs, real butter, meat, fish, chicken, liver, all vegetables and fruits, some starches, seeds, nuts, and nutritional oils. The drink of choice is pure water—what a concept! "Macaroni and cheese for dinner is not a dinner. Cap'n Crunch is not a breakfast."⁵

When it comes to nutrition, only truly basic, real, raw, natural nutrition will do. Superpotency B vitamins can make your kids worse because they contain high doses of a few synthetic fractions of the B complex and can cause an imbalance that can cause an energy rush as your child's body tries to eliminate these chemicals through the urine. Kids need to get their vitamins from whole food supplements. Only whole food supplements contain the whole complexes as well as the other nutrients that children's bodies need to digest and assimilate the nutrition properly. Store-bought children's multivitamins are not nutrition.

For the average hyperactive child age 6 and up, give them the following nutritional protocol daily for at least a year: Cataplex G (2x2 daily), Catalyn (2x2 daily), Min-Tran (2x2 daily). For the average depressed, sullen, sluggish child, substitute Cataplex B (2x2 daily) for the Cataplex G. For the child who is both hyperactive and depressed, give Cataplex G (1x2 daily) and Cataplex B (1x2 daily), along with the rest of the nutrition.

(Superbugs continued)

Instead of relying on man-made pharmaceuticals for everything, many people are now trying more natural methods to boost their immune system. Taking up to four tablespoons of virgin coconut oil a day helps, since it is one of nature's best "germ fighters."

Lauric acid (the same thing found in human breast milk) is the most predominant medium chain fatty acid found in virgin coconut oil. It turns into monolaurin in the human or animal body. Monolaurin is the antiviral, antibacterial, and antiprotazoal monoglyceride used by the human/animal to destroy lipid-coated viruses, such as

herpes, influenza, cytomegalovirus, various pathogenic bacteria, and protozoa.²

Remember to start slow when you take the coconut oil and work up to the four tablespoons a day. Depending on your viral load, you may experience some detoxing at first.

3. West, Bruce. D.C. *Health Alert*. January 2012. Volume 29 Issue 1.

4. Zincenko, David. "3 Surprising Reasons to Give Up Soda," *Men's Health*, January 24, 2010.

5. West, Bruce. D.C. *Health Alert*. January 2012. Volume 29 Issue 1.