



# The Body ReNEWS

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## Allerplex—A Supplement to Help With Spring Allergies

Allerplex is one of many products Dr. Lee, founder of Standard Process, developed to assist the body in defending itself naturally during seasonal challenges. It contains a wide variety of nutrients derived from its principal ingredients of tillandsia powder, calcium lactate, fenugreek seed, betaine hydrochloride, Yakriton, lung PMG extract, and adrenal PMG extract.

We are exposed to many different types of pollen, grasses, and trees that discomfort. Dr. Lee created this product to help people adjust more easily to seasonal changes in the spring, summer, and fall months.

The betaine hydrochloride is an acidifying compound providing the chlorides useful

in the support of proper acid/alkaline balance. Calcium in the diet has been shown to increase immune efficiency. Even though the body requires a lot of calcium daily for different reasons, it is often lacking in the average diet today.

Fenugreek seed acts as a mucus 'solvent,' having the ability to soften and dissolve hardened masses of accumulated mucus. The change in consistency helps the body expel mucus and phlegm from the bronchial tubes more easily.

Protomorphogen is the brand name of Standard Process extracts that are derived from nucleoprotein-mineral molecules. Protomorphogen extracts are the concentrated components of the cell nucleus

responsible for determining the cellular function of the adrenal glands and the lungs. These nucleoprotein-mineral molecules promote healthy cellular division, growth, repair, and function.

The primary purpose of lung PMG extract is to support the healthy function of the lungs and upper respiratory system. Adrenal PMG extract is an ingredient formulated to help maintain the healthy functioning of the adrenal glands.\*

During the month of September, **Allerplex will be 10% off the regular price.** Allerplex comes in a bottle of 40 capsules or 150 capsules regularly priced at \$7.50 or \$24.00.

Another treatment to help with those clogged sinuses is a sinus treatment from Mischelle Fitzwater. Call for more info.

## Caribbean Citrus Roasted Sweet Potatoes

1 large sweet potato, peeled (or two smaller ones)

2 Tbsp Mrs. Dash Caribbean Citrus Blend

2-3 Tbsp olive oil, drizzled

1-2 Tbsp coconut oil, drizzled

Salt and pepper to taste

Preheat oven to 375F and prepare a baking sheet with a Silpat liner, foil, or parchment paper. Peel the sweet potato and slice it into one-inch chunks. Place potatoes on baking sheet, sprinkle seasonings, salt and pepper, and drizzle the oil. Toss potatoes with your hands to coat evenly. Bake potatoes for 30 minutes, then flip them. Bake for another 10 to 20 minutes, until browned and crispy. Remove from the oven and serve immediately.

## Toxic Splenda Being Sold As a Health-Conscious Sweetner

A new product, Splenda Essentials, pretends to be health-supporting, when in fact it seems to have more in common with pesticides than with sugar.

Sucralose, sold under the brand name Splenda, is simply chlorinated sugar, or in chemical terms, it is a chlorocarbon. The reasoning for this is that the body would no longer recognize it as sugar. However, chlorine is a highly excitable atomic element used as a biocide in bleach, disinfectants, insecticides, poison gas, and hydrochloric acid. Common chlorocarbons include chlordane and DDT.

Now Splenda is selling a product called Splenda Essentials. Different formulations contain B vitamins, antioxidants (vitamins C and E), or fiber. The marketing and advertising appear to be targeting health-conscious people who are interested in vitamins and nutrition, despite the fact that Splenda is highly toxic and has no place in a healthy diet.

Splenda's advertising says the addition of B1, B5 and B6 "help support a healthy metabolism," and that the product "contains vitamin C and E, like those found in fruits and vegeta-

bles." With the minute amounts of nutrients per packet, one would have to consume large numbers of packets to make any impact at all on one's health, provided one weren't also consuming the sucralose itself.

Dr. James Bowen, a Johns Hopkins trained physician and biochemist, wrote, "The Lethal Science of Splenda, a Poisonous Chlorocarbon." In it he says that "any chlorocarbons not directly excreted from the body intact can cause immense damage to the processes of human metabolism and, eventually, our internal organs." Since the liver is a de-

toxification organ which deals with ingested poisons, it will be damaged by the chlorocarbons. Dr. Bowen notes that the high solvency of chlorocarbons like Splenda attacks the human nervous system and can produce cancer, birth defects, and immune system destruction. In test animals, Splenda produced swollen livers (as do all chlorocarbon poisons), calcified their kidneys, shrunk their thymus glands and produced liver inflammation.

Splenda has replaced aspartame as the number one artificial sweetener in foods and

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

**How FDA Guidelines On The Adverse Effects Of Statins Are Very Telling**  
**By Dr. John Briffa**

The Food and Drug Administration in the US is responsible for making decisions about which drugs should be licensed. It also keeps a database of information regarding the adverse effects of drugs, and occasionally revises the warnings issued with prescription medication. On the 28th of February, the FDA issued new guidelines regarding the management of individuals taking statins.

One of the potential adverse effects of statins is liver damage (statins actually work in the liver to impair cholesterol production there). Some doctors would therefore routinely monitor liver function in people on statins with blood tests. The FDA maintains that "serious liver injury" is "rare and unpredictable in individual patients, and that routine periodic monitoring of liver enzymes does not appear to be effective in detecting or preventing serious liver injury."

The FDA remains aware, of course, that liver damage is a possibility, advising that: "There have been rare reports of serious liver problems in patients taking statins. Patients should notify their healthcare professional right away if they have the following symptoms: unusual fatigue or weakness; loss of appetite; upper belly pain; dark-coloured urine; or yellowing of the skin or the whites of

the eyes."

The FDA guidelines also highlight the fact that statins can, in some, induce mental problems such as memory loss and confusion. Here's what they have to say about this: "There have been rare post-marketing reports of cognitive impairment (e.g., memory loss, forgetfulness, amnesia, memory impairment, confusion) associated with statin use. These reported symptoms are generally not serious and reversible upon statin discontinuation, with variable times to symptom onset (1 day to years) and symptom resolution (median of 3 weeks)."

The fact that such symptoms can take a long time to come on is a concern, because many doctors will not suspect that statins may be causing a symptom that develops years after a drug is commenced. There's a good chance, therefore, that many problems genuinely induced by statins will go undetected. In other words, such mental problems may not be as "rare" as the FDA and many medical practitioners think.

The FDA, in its new guidelines, also draws our attention to the evidence which links statin use with impaired blood sugar control. The new guidelines warn doctors and patients alike about this. It adds, though, that: "[the] FDA continues to believe that the cardiovascular

benefits of statins outweigh these small increased risks."

Just to remind ourselves, many individuals need to take statins for several years for one to avoid having a heart attack. What this means, is that the vast majority of people who take statins will not benefit from them at all. Also, the majority of people who take statins are essentially healthy (no history of, say, heart disease or stroke). In these people, statins do not reduce overall risk of death over time. What this means is that for the great majority of people, taking statins will not extend their life by a single day.

The new guidelines issued by the FDA only serve, I think, to remind us that the risk/benefit ratio of statins is not so stacked in favour of 'benefit' as we have been led to believe.<sub>2</sub>



**Toxic Splenda**

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beverages; aspartame's popularity declined after the public learned that it is both a neurotoxin and an underlying cause of chronic illness. As Dr. Bowen warns, "We should not be fooled again into accepting the safety of a toxic chemical on

the blessing of the FDA and saturation advertising. In terms of potential long-term human toxicity, we should regard sucralose with its chemical cousin DDT, the insecticide now outlawed because of its horrendous long term toxicities at even minute trace levels in human, avian and mammalian tissues."

The Alliance for Natural Health is filing a petition with the FTC regarding Splenda's

deceptive advertising. Splenda's online marketing includes a series of YouTube videos called Splenda Health Essentials, featuring an ADA-certified Registered Dietitian giving people health advice. Their marketing clearly targets health-conscious people interested in nutrition and trying to pass off a toxic chemical as healthy.<sub>1</sub>



**We are taking orders for Easter goodies. You can visit our website at [honey-sucklecove.etsy.com](http://honey-sucklecove.etsy.com) and see what we have available. We have some new cookies and cakes that are not yet listed on our website, including a few gluten-free cookie choices. Orders may be picked up at Body Renew, or we do offer limited local delivery. For more information, contact Jennifer or Angela at Body Renew or call (615) 895-4557. You may also email us at [honey-sucklecoveconfections@gmail.com](mailto:honey-sucklecoveconfections@gmail.com).**



With an Ionic Foot Bath from Mischelle Fitzwater, LMT.

**March Specials**

30 min first time try—\$25  
 30 min (after first visit) - \$35.00  
 (purchased and used during the month of March)



1. Shilhavy, Brian. Alliance for Natural Health. Health Impact News Daily, February 22, 2012.  
 2. Briffa, John, M.D. Health Impact News Daily, March 2, 2012.