



The Body ReNEWS

www.sandybuttrey.com

242 Heritage Park Dr #106

Murfreesboro, TN 37129

(615) 494-4383

Sandy Buttrey
sandyrefills@gmail.com

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We will be closed on November 22nd and 23rd for the Thanksgiving holiday.

Cyruta Plus—Contains Powerful Antioxidants

Cyruta Plus is made from organically-grown buckwheat and contains rutin and quercetin, both of which are powerful antioxidants. Buckwheat is typically thought of as a food. Although the seeds are used as cereal, the plant is not one of the cereal grasses. Instead, it is a herbaceous plant, which is rich in protein, especially lysine. It also contains vitamins B and E, calcium, and phosphorus. Buckwheat is easily digestible and is tolerated by those who are allergic to gluten. It has more iron, copper, and magnesium than wheat.

Cyruta Plus is made from the leaves of the plant, which are very high in the naturally occurring "P" factors for the person with bleeding gums or who bruises easily. It's also beneficial for those with high C-Reactive protein levels and those with ulcerative colitis,

radiation injuries, and migraine headaches.

Rutin is a phytochemical of the flavonoid group and a powerful antioxidant. Rutin protects the body against a variety of damaging oxidative toxins, especially those released by the body from mineral-fiber irritation. By itself, rutin is a more potent free radical quencher than either vitamin C or vitamin E. Synergistically, the three work together as an even stronger antioxidant powerhouse.

Quercetin attaches to type-II estrogen-binding sites and helps prevent protein kinase C activation, a cause of unnecessary cell division and growth. In other words, it helps maintain orderly cell growth in breast and other tissues.

The soluble fiber in buckwheat can help maintain a proper balance between high and low density lipoproteins. Furthermore, rutin prevents the oxidation of low-density lipoprotein in artery walls. As an antioxidative, rutin also minimizes oxidative damage in red blood cells, especially to delicate cell walls and essential oxygen-carrying hemoglobin. It also helps keep blood thin, thus encouraging its free flow through the circulatory system, primarily in peripheral arterial systems. This would be beneficial to those who suffer from cold hands and feet during the winter months.*

During the month of November, Cyruta Plus will be 10% off the regular price. Cyruta Plus comes in bottle of 90 tablets regularly priced at \$12.50 and a bottle of 360 tablets regularly priced at \$44.00.

Cajun Sausage & Rice Skillet

2 tsp olive oil
1-2 cups sliced mushrooms
1 cup chopped onion
1 1/2 Tbsp Cajun seasoning
16 oz turkey sausage or hot chipotle sausage
3 bags boil-in-bag long-grain rice
32 oz container chicken broth
2 (15 oz) cans kidney beans, rinsed and drained
1/4—1/2 tsp salt

1. Heat oil in a large nonstick skillet over medium-high heat. Add sliced mushrooms and next 3 ingredients, and sauté 5 minutes.
2. Remove uncooked rice from bags; add to pan. Stir in broth, beans, and salt. Bring mixture to a boil; cover, reduce heat, and simmer 10 minutes or until rice is tender.

Yields 6 servings.

High Potency Vitamins—Inferior to Whole Food Supplements

"In health and nutritional therapy, potency refers to the strength, effectiveness, force, and energy of a nutritional supplement. And when it comes to true potency, there can be no substitute for a natural vitamin complex made from costly ingredients like raw, concentrated whole foods, containing all the unrefined foods' natural nutritional components, enzymes, coenzymes, trace elements, minerals, trace minerals, and natural nutritional synergists—which activate the utilization of the vitamin complex."

Most vitamins, no matter how potent cannot be absorbed and used by your body unless they include their natural counterparts that make them a whole complex. That is why long-term use of high potency vitamins can actually create tremendous deficiencies or imbalances. These "vitamins" are fractionated or synthetic, making them incomplete nutritional pieces. Your body simply excretes most of these as chemicals. As your body seeks out to balance these high potency fractions, it can cause problems, since most people are

deficient in the counterparts as well as the initial vitamin.

Fractionated or synthetic "vitamins" are produced for pocket change. They are then sold for hundreds of dollars. The process to make real, whole-food concentrates is both expensive and time-consuming, and involves thousands of acres of organic crops. Still, compared to modern medicine, this type of nutritional therapy is inexpensive.

Whole food supplements are superior every time. You

can't fool your body. Trying to shortcut nature usually results in failure.

For example, scurvy is a vitamin C-deficiency disease. However, ascorbic acid (store-bought "vitamin C") will not cure scurvy, whereas lime juice, which contains the whole vitamin C complex, will. That's because the real vitamin C complex also contains vitamin P, vitamin K, minerals and trace minerals, in addition to ascorbic acid. Real vitamin C supplements, which contain all the

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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.

Calcium Lactate—Accept No Substitutes

One of the best ways to improve the health of both kids and adults in this country is to make sure that they have plenty of usable calcium. Usable calcium in the human body is calcium bicarbonate. Calcium bicarbonate is known as a blood buffer, which is the natural antidote to too much acid, and especially too much phosphoric acid. Americans are loaded up with this type of acid, since it is found in soft drinks, wheat products, processed foods, and breakfast cereals.

When too much acid and phosphoric acid builds up in the body without adequate calcium bicarbonate to buffer it, it can cause fidgety, nervous and possibly hyperactive behavior. It can also cause people to get frequent colds. It can interfere with bone-building capabilities, resulting in growing pains for children and osteoporosis for adults. Growing pains are a clear signal of a calcium imbalance.

When your child is running a fever, it can be scary, but with colds and flu, a fever is the body's way of turning up the immune system and helping it burn out viruses and bacteria. The same is true for adults. Unfortunately, too many parents and adults run for Tylenol to reduce the fever as quickly as possible. This can hinder the

immune system from doing its job and actually prolong colds and infections. However, if you or your children run a fever that is getting too high, then it is time to use cool baths, or even Tylenol, to bring the fever down. For the most part, simply sucking on a Calcium Lactate tablet or two will help handle fevers naturally. "The blood buffer Calcium Lactate is a wonderful, natural fever reducer as well as a powerful aid for the immune system."

All adults, and anyone with children should always have a supply of Calcium Lactate on hand. "It is the best, natural anti-colds and flu, anti-growing pains and rickets, anti-muscle cramps, anti-fever, anti-hyperactivity, and immune-enhancing form of nutrition."

To make colds and flu therapy easier, Standard Process makes a product called Congaplex. It is a combination of Calcium Lactate, Cataplex C, and Thymex. This is an amazing product. "At the first sign of cold or flu, take 2 capsules every hour for up to 3 days, or until the cold is resolved. If you also have a fever, add Calcium Lactate (6-12 tablets daily)." This provides real cold, flu, and fever therapy.

Try the Congaplex and Calcium Lactate next time you get sick, instead of taking an antibiotic that

doses your whole body, destroys only bacteria (good and bad), has no effect on viruses or fungi, and can damage the body. For help with breathing, try using either Silver Spray or Citricidal's nasal spray.

This approach to colds, flu, sinus problems, fevers, bronchitis, pneumonia, and more is so foreign to most people. People routinely take Tylenol to immediately suppress a fever. "They are off to the doctor for antibiotics, which are usually useless for colds and which also destroy a little bit of the immune system and gut with each use. Many people do this regularly for themselves and their kids and then wonder why colds, flu, and sinus problems linger for months at a time. They also wonder why the family all seems to suffer from antibiotic syndrome—weakness, chronic colitis, irritable bowel, yeast infections, and more."

Calcium Lactate is converted into calcium bicarbonate in the body in one step. Other calcium products are calcium carbonate or crushed stone (not to be confused with calcium bicarbonate). They are difficult for the body to utilize. All calcium products are best absorbed in the stomach with plenty of stomach acid. So if you regularly take antacids, you are probably already deficient in calcium. That is why calcium lactate contains some magnesium citrate

because citrate is slightly acidic, which lead to better digestion.

There are "experts" out there that say your magnesium to calcium intake should be 1:1. That much magnesium is toxic, causes heartbeat problems, and chronic diarrhea as your body struggles to excrete the excess. Calcium Lactate contains a little magnesium citrate to provide a more favorable and correct balance of calcium to magnesium.

Fad calcium and health products come and go, and people can be fooled for a while. These products sell and then just seem to go away because they simply do not work. Now that you have an idea about what a real calcium product is all about, you can see that other products, made from crushed stone, do not measure up. These other products are very similar to the white scale you get on a teapot or coffee pot.

Calcium Lactate was first formulated in 1947 and has been selling "like gangbusters" ever since. Congaplex was first formulated in 1959. All these years and decades of experience speak for themselves.

"Get off the medical bandwagon for colds, flu, sinus problems, bronchitis, pneumonia, muscle cramps, fevers, and more." Give yourself and your kids a fighting chance with the nutrition that your body needs and is able to utilize.¹

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nutrition found in the vitamin C complex are Cataplex ACP, Congaplex, and Cataplex C—all by Standard Process. In fact, when most people who regularly take thousands of milligrams of ascorbic acid are tested with a lingual ascorbic acid test, a large percentage will demonstrate a vitamin C deficiency.

Another example is the vitamin B-deficiency disease called beriberi. Beriberi is a caused by a thiamine deficiency and is a muscle and nerve paralyzing disease that affects the heart, causing cardiac arrhythmias, heart block, extra heart beats,

profound heart weakness, heart failure, and more.

This relationship can easily be demonstrated using an endocardiograph machine, which produces a graph of the heart's function and sound that clearly shows the problems. "Within 20 minutes of taking a real, whole, B complex, such as Cataplex B or Cardio-Plus, the heart graph shows dramatic changes and improvement. Taking any amount of thiamine, or any other superpotent B vitamin, fails to change the graph."

A final example is inflamed coronary arteries that lead to blockages and plaque. This problem is a major killer, leading to

coronary artery disease, clogged arteries, heart attack and death. The diagnostic tool that measures this is C-Reactive Protein (CRP) level in the blood. The natural antidote is a whole-foods diet and concentrated bioflavonoids—such as buckwheat. "Taking the buckwheat phytochemical complex Cyruta Plus is to artery inflammation as water is to fire—it lowers inflammation and normalizes CRP levels."

However, the vitamin companies would have you believe that oxygen is destroying our bodies by causing free radicals that, among other things, inflame our arteries. They say that the

only solution is to take tons of super high-potency antioxidants. Yet most of the "plaque-busting," "artery-scrubbing" super high-potency antioxidants for sale in stores routinely fail to normalize CRP levels. This is just another example of the antioxidant scam in America and why we need whole-food and phytochemical complexes for nutritional supplementation.²

Be on the lookout for information in our December newsletter regarding NEW self-care classes beginning in January.

*For more information about the problems that gluten can cause, you can read *The Gluten Connection*, by Shari Lieberman or *Wheat Belly* by William Davis, M.D.

1. West, Bruce. *Health Alert*. September 2012. Volume 29, Issue 9.
2. West, Bruce. *Health Alert*. September 2012. Volume 29, Issue 9.