



# The Body ReNEWS

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Hours for Oct. 9th-12th—Oct. 9th 9:00—4:00, Oct. 10th 9:00—1:30, Oct. 11th 11:00—3:00, Oct. 12th 11:00—3:00

## Vitamin D—Are You Getting Enough?

Both Cataplex D and Bio-D Mulsion help in the process of moving calcium to areas of importance, i.e. muscles, bones, tissues. With these supplements the calcium found in your gut can be utilized and absorbed into your blood stream.

Vitamin D found in these supplements helps control blood levels of calcium and phosphate, which work together at the cellular level to give our muscles and tissues energy to grow, maintain, and repair themselves.

Naturally the great outdoors helps in our body's production of vitamin D. Being outside in the sun contributes greatly to the body's mechanism of converting our natural skin oils to the useful and needed vitamin D. Once the time changes, the temperature

drops, and we spend more time indoors than out, therefore losing the benefits of the sun. Even being outdoors on a cooler day in the sunshine is beneficial! For those who are unable to soak up the D from the sun or are effected by the seasonal shorter days, the natural form of D found in Cataplex D and Bio D Mulsion is extremely beneficial.

Using a synthetic vitamin D can prove to be inferior to the natural sources of vitamin D. The potency of a naturally derived supplement has proven to be absorbed at a greater rate than those of a synthetic form. It has also been concurred that the use of synthetic vitamins could pose to be toxic to the body. This could happen due to one trying to up a "dosage" of synthetic vitamin to get the same benefits of a

natural vitamin. This can't be done without also increasing the amount of synthetic ingredients being put into the body, leading to possible toxicity in the body in the form of muscle cramping and pain. This is based on Dr. Royal Lee's tests and findings.

Most people do not have enough vitamin D in their bodies, which is why many physicians are now encouraging their patients to take a high dosage of D for support. Cataplex D has 800 IUs per tablet, and Bio-D Mulsion has 2,000 IUs per drop.

**During the month of October, Cataplex D and Bio-D mulsion will be 10% off the regular price. Cataplex D comes in bottle of 90 tablets regularly priced at \$9.50, and the Bio-D mulsion is an emulsion regularly priced at \$20.00.**

### Pumpkin Pie Pudding Crock Pot Recipe

- 1 can (15-oz) solid-pack pumpkin
- 1 can (12-oz) evaporated milk
- 1-1/2 cup sugar (1/2 c sugar and 1/2 tsp Stevia works well too)
- 2 eggs, beaten
- 2 Tbsp butter
- 2 1/2 tsp pumpkin pie spice
- 2 tsp vanilla

In large bowl, combine all ingredients. Transfer to a slow cooker. Cover and cook on low for 6-7 hours or until you stir it and it is not watery but more like thick pudding. 6-8 servings.



# Kids Daily Protocol



## 3 Chewable Catalyn

Multi-Vitamin comprised of 14 whole foods

# 1 tsp. PDCM

72 rare earth plant derived colloidal minerals

\*Mix in juice

## 2 Chewable Tuna

Chewable Orange Tuna Oil containing EPA & DHA

Increases IQ, Memory, Writing Skills & Improves Moods

\*These statements have not been evaluated by the FDA and are not intended to diagnose, treat, cure or prevent disease.

## Shingles—A Developing Epidemic

If you know someone who has had shingles, you understand what a painful illness this is. "What you may not know is that a great deal of this suffering is a direct result of the never-needed, rejected-by-all-medical-boards, but politically-mandated-for-all-kids-anyway chickenpox vaccine."<sup>1</sup>

Chickenpox and shingles are caused by the same virus, varicella-zoster. Getting chickenpox actually builds the immune system to ward off shingles. As people get older and are exposed to children with chickenpox, like our grandparents were, the immune system gets even stronger. However, in 1995, the chickenpox vaccine was mandated, so there are fewer children getting chickenpox, and in turn, more older people are developing shingles.

In 1995 when this vaccine was mandated, Dr. West predicted in one of the *Health Alert* newsletters that this very thing would happen. He said that chickenpox for children was not a serious problem, but that the chickenpox vaccine could backfire and cause adults to come down with an adult version of chickenpox (shingles).

"According to public health experts, in a 50-year time span (the vaccination-induced epidemic is

unavoidable and will last for generations), an additional 14 to 15 million new shingles cases will occur. Or put another way, there would be 42% fewer shingles cases in older adults if the chickenpox vaccine was never instituted."<sup>1</sup> The "experts" are hoping to reduce these numbers by offering a shingles vaccine.

That sounds like a great solution, right? Well, the company making the shingles vaccine sure hopes the public thinks so. In reality, it's doubtful that the shingles vaccine will control this epidemic because adult vaccine programs have not proved to be successful.

Zostavax, the shingles vaccine, is big business for Merck, the makers of the vaccine. Originally, Merck wanted to target all Americans over the age of 50, but the FDA restricted the new vaccine's use to people over 60. "The vaccine studies have shown that it can prevent shingles in white people over age 60 about half the time."<sup>1</sup>

This problem with vaccines backfiring will more than likely continue in the future. As people's natural immunities are diminished thanks to vaccines, serious problems like shingles will become more and more evident. But don't worry, the pharmaceutical companies will no doubt create another vaccine to address those problems as well.

## Are Flu Shots Worth the Risk?

It is time to rethink getting the flu shot. Any benefits from the shot are exaggerated, and little is known about their safety. The *British Medical Journal* agrees with both of these points. When all of the available evidence is evaluated, including sick days, hospital stays, etc., the flu vaccine benefits are **slight or none**. Many doctors urge parents to vaccinate their infants from 6 to 23 months, when the benefits for this age group are **none** and never any better than a placebo.

Then there are the side effects. Many people develop a "cold," or even the flu itself from the shot, and if your flu vaccine still contains mercury, you could be causing harm to your brain. People who repeatedly had flu shots each year in the 1990s have much higher rates of Alzheimer's and dementia than those who did not.<sup>2</sup>

Be prepared each flu season with proper nutrition. Eat real, whole foods, with one-third of them raw. Get exercise and plenty of pure water. You can also help by taking supplements during the flu season, such as *Congaplex* by Standard Process. Six tablets daily is a good dose. At the first signs of a cold or flu-like symptoms, start taking 2 *Congaplex* every hour for 48 hours. This will usually stop a major problem from developing.

Should you run out and get the shingles vaccine? The general consensus among physicians is that you not rush out and get this vaccine. No one knows how long immunity may last. Immunity has only been successful in about half of the test patients, and there is always the possibility that the vaccine could actually cause full-fledged or mild shingles in certain individuals.

Since there is not a cure for shingles, the best thing you can do is to prevent getting shingles naturally. "Maintaining the level of usable (ionized) calcium in your skin and lower skin layers is the key. This is done by using the best calcium supplement in addition to the best calcium delivery supplement. Calcium Lactate is the best, most easily digested, and most usable form of calcium. Cataplex F tablets are the best nutritional delivery system for calcium."<sup>1</sup> If you are at risk for shingles, make sure you are getting enough calcium—good calcium.

Remember that most doctors would not run out and get this vaccine, and as far as medical "experts" are concerned, they had to have been able to see this coming 13 years ago, just as Dr. West did. Now we have to live with the consequences of the chickenpox vaccine for generations to come.

## Surgery Protocol



<b>1 week BEFORE and AFTER surgery</b>	<b>10 Cataplex ACP</b>	<b>(Tissue Repair)</b>
<b>2 weeks BEFORE surgery</b>	<b>6 Chlorophyll Perles</b>	<b>In Addition: puncture and apply topically to incision</b>
	<b>3 Flax Seed Oil</b>	<b>(Slippery Blood)</b>
	<b>10 Thymex</b>	<b>(Immune Support)</b>

**Hip and Knee Replacements: Add 6 Biost (2 weeks before and after surgery)**

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<sup>1</sup>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, M.D. *Health Alert*, September 2008, Volume 25, Issue
2. *Health Alert*, February 2007, Volume 24, Issue 2.