



# The Body ReNEWS

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Volume 6 Issue 9

**September 2012**

**Sandy will be out of the office Oct. 10th—12th, however, the office will be open for a few hours each day for supplement refills.**

## Congaplex—The Natural Infection Fighter

If you have been in to Body Renew with coughing, congestion, or a sore throat, you are familiar with Congaplex. Congaplex is the primary Standard Process supplement for colds, flu, congestion, inflammation, and any systemic infection. The whole food ingredients provide the nutrients and minerals needed during inflammatory states, and Congaplex contains the cytosol extracts that contribute to the healthy response of the immune system.

Congaplex is a combination of Calcium Lactate, Cataplex A-C, Thymex, and Ribonucleic Acid. Calcium, which makes up 37% of Congaplex, is necessary for the white blood cells to function properly. The lymphocytes, leukocytes, monocytes, and neutrophils are all dependent somewhat on calcium and magnesium.

Cataplex A-C comprises 29% of Congaplex, and it is a combination of Cataplex A and

Cataplex C. Vitamin C helps prevent colds, congestion, etc, and Vitamin A keeps the mucous membranes healthy. So Cataplex A-C works for people who gets colds, infections, etc.

Thymex is the third component of Congaplex and makes up a quarter of the formula. Thymex aids in decongesting lymphatic drainage, stimulates healing and defense mechanisms against bacterial and viral infections. It also stimulates general thymus immune response. Thymex will increase the production of antibodies, beneficial to fighting active infections.

Ribonucleic Acid, or RNA is the fourth component of Congaplex and makes up 9%. RNA has many uses, one of which is helping people with chronic low resistance to infection, fever colds, etc by boosting their resistance.

Since Congaplex contains all four of these products, it is more effective in its ability to

fight infection. If you seem to stay sick or get sick easily, or if you have children who stay sick or constantly have ear infections, you may need Congaplex.\*

Congaplex also comes in a chewable form that may be used with children. Each chewable tablet contains approximately one-third the proprietary blend of the Congaplex capsule.

**During the month of September, Congaplex will be 10% off the regular price. It comes in bottle of 40 capsules for \$8.50, or a bottle of 150 capsules for \$28.50. The chewable Congaplex comes in a bottle of 90 tablets regularly priced at \$11.50. Stock up now and save!**



## Mushroom Gravy

- 2 Tbsp coconut oil
- 1/2 small onion, finely chopped
- 1 tsp thyme leaves
- 8 oz mushrooms, sliced
- 2 Tbsp flour substitute, such as Bob's biscuit mix
- 2 cups pure water
- 1 Tbsp tamari soy sauce
- 1/2 tsp Worcestershire sauce
- 1/4 cup sour cream

1. Heat medium skillet over medium high heat. Melt coconut oil, add onions and thyme leaves. Sauté quickly, just until browned on all sides, about 2 minutes. Add mushrooms and sauté 1-2 minutes more.
2. Add flour and stir to coat, heating for 20-30 seconds. Stir in water and cook, stirring frequently, until mixture is thickened. Remove from heat and stir in soy sauce, Worcestershire sauce and sour cream. Mix well. Ready to serve.

# SICK...

## Don't Know What to Take?

**Congaplex - 2 weeks**  
Sore throat, yellow sinus  
congestion, plugged ears

**Cyruta Plus - 2 weeks**  
Dry cough, headache,  
clear sinus congestion

**Allerplex - 10 days**  
Wet cough

**Cataplex AC - 4 days**  
Flu, fever, body aches

**Adults:**  
15 per day

**Kids:**  
6 per day



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

## The Gluten Connection

Gluten is a vegetable protein, most commonly known as wheat protein. It is found primarily in wheat, rye, and barley. The grains (even organic) that are found in today's stores are genetically engineered to have a high gluten content. This makes for wonderful bread that has a nice crust and is soft on the inside, but there is another side to gluten. Many people are allergic or sensitive to gluten.

Those who are completely allergic to it are usually diagnosed with Celiac disease. The unsuspecting people who are sensitive to it will simply be chronically sick and/or disabled. Those sensitive to gluten will most likely go through life never knowing the connection. Doctors will doubtless discover the connection, and many will endure endless tests and medical treatments with no cure in sight.

There is a simple test you can do. It is the Elimination Diet. Simply, eliminate gluten for 30 days and see how you feel. With all of the processed foods out there, this simple test becomes a little more difficult. So for 30 days you will have to eat real foods, with

nothing out of a package. You'll actually have to eat meat, fish, eggs, vegetables, fruits, nuts, and seeds. Although it takes some people more than 30 days to overcome the effects of gluten on their bodies, by the end of this time, you will know if you are on the right track.

If you are gluten sensitive, gluten could be causing a variety of ailments. If by the end of 30 days you are feeling better, simply eliminate gluten from your diet for a year. If you are gluten sensitive, after 6 months to 12 months following a gluten-free diet, you will become a new person. How do I know? I am one of the millions of people who is gluten-sensitive, and I have seen a tremendous difference after simply eliminating wheat and wheat products.

If you experience any of the following problems, the cause could very possibly be gluten. If you do suffer from any of these problems, you owe it to yourself to eliminate gluten for at least 30 to 90 days. If your problem improves, eliminate gluten for a year. Gluten can cause the following: dermatitis (all types), lupus, psoriasis, irritable bowel and celiac disease, eczema and acne, asthma, hives, epilepsy, weight loss (or gain), anemia, headaches, autism, giardia, ulcers, multiple sclerosis, osteoporosis, heartburn and reflux, arthritis, inflammatory bowel

disease, diabetes, chronic fatigue and fibromyalgia.

Gluten can hurt children as well, although, many of the gluten-related problems are neurological. If you have kids or grand kids who are unable to perform or concentrate in school, give them the test. If they have ADD, ADHD, or even autism, test them. If they have epilepsy, seizures, tics, depression, and/or anxiety, test them. If they show any sign of improvement after 30 days, keep them off gluten for 6 to 12 months.\*<sub>1</sub>

Gluten-sensitivity is so common now, with the genetically engineered grains, that people should try a gluten-free diet for 30 days, regardless of their symptoms.



## Cholesterol—What's All The Fuss About?

Cholesterol is used in every cell of your body. It is produced in the liver. It is in every cell wall in every cell of your body. Every day cells are broken down and new ones are created in an ever-changing cycle. Without cholesterol your body will make the walls with whatever it finds, leading to weaker walls and more problems. Cholesterol is also used in making your hormones. It makes your testosterone, estrogen, progesterone, etc, and with low cholesterol, you will notice a lack of libido. It also makes cortisol to aid in stress handling. If your stress gets overwhelming and you enter adrenal fatigue, the cholesterol is used to aid your stress and steals from your sex hormones, also creating a decrease in libido. So why would you want to reduce your cholesterol if your body needs it in every cell, helps you cope with stress, and supports you're your libido?

After 30 years of observation for both men and women over 50, life expectancy showed no association with cholesterol. As for women of any age, in anything, the **higher** their cholesterol, the **longer** they lived!<sub>2</sub>

## What is Reflexology and What Are the Benefits?

Reflexology is a science which deals with the principle that there are reflexes in the feet relative to each and every organ and all parts of the body. Stimulating these reflexes properly can help many health problems in a natural way, a type of preventative maintenance.

Reflexology is not new. It was practiced by the ancient Egyptians. It was introduced in this country in 1938.

When should you consider

a reflexology treatment? When you have stress or stress related conditions, tension headaches, digestive disorders, arthritis, hormonal imbalances, sports injuries, PMS, digestive disorders, and even back pain.

Most people find reflexology very relaxing. There may be slight tenderness in some areas. This could mean that the organ corresponding to that area (reflex) needs to be normalized.

I personally have this treat-

ment done on a regular basis. It helps improve circulation in my feet and legs. When my gallbladder was acting up, the area of my foot corresponding to my gallbladder was tender. However, the tenderness went away by the end of the treatment.

A reflexology treatment last for 30 minutes, and the cost of the treatment is \$33.00.



\*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. Health Alert, August 2007, Volume 24, Issue 8.  
2. Taubes, Gary, *Good Calories, Bad Calories*. First Anchor Books: New York, 2008.