



The Body ReNEWS

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Cataplex A-C—Supports Immune Function

Cataplex A-C supports immune function and maintains healthy epithelial and connective tissues. The whole food ingredients in Cataplex A-C boost the immune system by providing vitamins A and C as well as important antioxidants from carrot root. Cataplex A-C also contains alfalfa juice, mushroom, and dried buckwheat leaf juice.

Vitamin C contains lysine which promotes proper bone growth. It also helps in the formation of collagen, which is crucial to the support and health of muscle tissue, and aids calcium absorption. It also

supports the natural production of antibodies, hormones, and enzymes.

The carrot root provides lycopene, alpha and beta carotene, and lutein. These help promote healthy cellular function by protecting DNA from oxidation, as well as support the production of red blood cells and white blood cells.

Cataplex A-C is a combination of Cataplex A and Cataplex C, so it has a double function. Vitamin C helps prevent colds, congestion, etc., and Vitamin A keeps the mucous membranes healthy. Cataplex

A-C is a logical product for people who get colds and infections. Many infections take hold when the cells are low in vitamins A and C. This whole food complex also includes Echinacea. Cataplex A-C is best used to build up one's resistance in wintertime or before surgery.

This supplement is also beneficial for people with elevated body temperatures, as well as people experiencing nausea or upset stomach.*

During the month of February, Cataplex A-C will be 10% off the regular price. It comes in 90 tablets regularly priced at \$12.

SIGN UP NOW

The next installment of our self-care class will be on Hand Care. This class will be interactive and will focus on self-massage techniques to aid in relieving symptoms from rheumatoid arthritis, carpal tunnel syndrome, trigger finger, Herberden's nodes, and more. The class will last for an hour. Classes will be on March 13th and March 27th at 12:00 pm and 5:30 pm. The cost of the class is \$15 (nonrefundable) and must be paid to hold your spot. Class size is limited, so sign up for your spot now.



Valentine's Special

February Specials with Mischelle Fitzwater

25% off Biofreeze spray and cream (while supplies last)

One-hour massage—\$50

Hot Stone Massage—\$65

U.S. Ranks First in Healthcare Spending – Last in Life Expectancy by Health Impact News

A panel of experts initiated by the National Institutes of Health and consisting of members from the National Research Council (NRC) and the Institute of Medicine (IOM) released a report recently entitled *U.S. Health in International Perspective: Shorter Lives, Poorer Health*. The panel com-

pared "health outcomes" with those of 16 comparable high-income or "peer" countries: Australia, Austria, Canada, Denmark, Finland, France, Germany, Italy, Japan, Norway, Portugal, Spain, Sweden, Switzerland, the Netherlands, and the United Kingdom. They found as a result of their study:

Over this time period, we uncovered a strikingly consistent and pervasive pattern of higher mortality and inferior health in the United States, beginning at birth:

- For many years, Americans have had a shorter life expectancy than people in almost all of the peer countries. For example,

as of 2007, U.S. males lived 3.7 fewer years than Swiss males and U.S. females lived 5.2 fewer years than Japanese females.

- For the past three decades, this difference in life expectancy has been growing, especially among women.

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U.S. Ranks First in Healthcare Spending – Last in Life Expectancy (cont. from page 1)

- *The health disadvantage is pervasive—it affects all age groups up to age 75 and is observed for multiple diseases, biological and behavioral risk factors, and injuries.*

So this was not a study comparing the United States with poorer countries, but high-income “peer” countries. Also, statistics from the Organization for Economic Cooperation and Development (OECD), an international economic group comprised of 34 member nations, shows that the U.S. spends about two and half times more on healthcare than most other countries!

While this report gave many possible explanations for why the U.S. has such poor health, this study really did not address that question. The study identified the problems which are quantifiable, but the possible causes were pure speculation and ranged from things such as failure to wear seat belts to poverty and a lack of education.

Unfortunately, today’s government is NOT the solution to our health problems in the U.S. As reported frequently by Health Impact News, government agencies that were originally created to protect public health, are more often than not doing just the opposite, and looking out for corporate interests in the “healthcare” system. Of course “healthcare” is not appropriately named, because it is only a “medical care” system run by the pharmaceutical companies.

Pharmaceutical companies now comprise the top sector of criminal activities, with convictions of criminal activity of just about every major drug company in the last few years totaling many billions of dollars, and representing hundreds of thousands of deaths.

And yet, the US Food and Drug Administration has become barely nothing more than a marketing wing for these pharmaceutical companies, looking out for their corporate interest. As reported by Health Impact News, the FDA regularly attacks those who promote natural methods of healing where no corporate patent is possible and the remedy is readily available to the masses, in favor of drug companies willing to spend many millions of dollars on research to make a patented drug. The FDA believes that it has sole authority to make health claims, and any product that makes unapproved health claims, no matter how harmless that product may be, is subject to being shut down and having its owners (often of small businesses or farms) arrested. **We are losing our health freedom in the United States, and most Americans don’t even know it is happening.**

So if we are going to understand the causes of these problems with American’s health in the U.S., we need to realize that the solutions must come outside of government, or we will have no hope. The

government cannot ignore the problems, but it is not politically correct for them to identify the true causes to these problems.

One of the problems clearly identified in this study is that more Americans die from drugs, including (and especially) prescription drugs, than all the other countries in this study. The medical system is by far the leading cause of death in the United States today, killing more people than heart disease or cancer. **Deaths due to prescription drugs** alone are over 100,000 a year, **far exceeding deaths due to illegal drugs** like heroin and cocaine. America’s addiction to prescription drugs is such a serious epidemic today, that hospitals are trying to cope with the huge numbers of **babies being born addicted to these prescription drugs** that are so widely used during pregnancy.

Pharmaceutical companies are the most lucrative businesses in the U.S. with a powerful lobbying force that allows them to get legal protection for just about anything they want to do. If even just a small fraction of the U.S. population stopped buying drugs and started getting well, our entire economy would collapse. Even “non-profit” organizations that were originally started to find cures to diseases, such as the American Cancer Society, have become huge organizations that collect hundreds of millions of dollars in donations,

and government aid with your tax dollars on top of that, and yet have offered no real cures for diseases, just more drugs. If they did find a natural cure, or even a simply way to prevent disease, just think of all the jobs that would be lost in these huge organizations.

The solution to this problem is actually a simple one: stop taking drugs! Don’t look to the government to solve this problem. They profit from the current system as much as the drug companies do. Americans need to exercise what few freedoms they have left in a semi-free market economy and start making better health choices, before there are no choices left. Drugs seldom deliver what is promised anyway, and there is one whole class of drugs (antidepressants) that has been **factually proven to be no more effective than placebos.**

America is a **nation of prescription drug addicts,** and until we acknowledge this problem and deal with it, prescription drugs will continue to be the #1 cause of death in the U.S. Not only do these drugs kill people, the side effects of many of them are linked to violent behavior and the increase in mass shootings we are seeing increasingly in our society. So innocent people are also dying as a result of this addiction to prescription drugs.*

*Health Impact News, February 1, 2013. <http://healthimpactnews.com/2013/u-s-ranks-first-in-healthcare-spending-last-in-life-expectancy/>