



# The Body ReNEWS

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**We will be closed on Monday, May 27th for Memorial Day.**

## Cataplex G—Contains Important B-Complex Vitamins

The members of the B-complex family of vitamins work collectively to metabolize fats, proteins, and carbohydrates. Riboflavin (B<sub>2</sub>) is vital for proper growth and the production of usable energy. It also facilitates the proper oxygen consumption of the skin, nails, and hair. Niacin (B<sub>3</sub>) is essential for cell respiration, protein and carbohydrate metabolism and lipid synthesis.

Cataplex G contains the B-complex factors that are not soluble in alcohol and are made from different food sources than Cataplex B. Cataplex G contains lipotropic factors, such as Choline. These factors metabolize fat. Cataplex G is a vasodilator, which means that it opens up the blood vessels by relaxing the

nerves in the vessels. So Cataplex G is for a person with high blood pressure—the tense, coronary-type person. It is also an excellent product for the person who has a fatty liver as it helps break down the lipids in the liver.

The B vitamins help maintain nerve cell health and provide a soothing influence on the nervous system. Choline helps maintain nerve cell membranes for proper nerve pulse transmission and central nervous system function.

Pyridoxine (B<sub>6</sub>) is required for synthesis of the nucleic acids RNA and DNA—the molecules that carry genetic instructions for normal cellular growth and reproduction. It also assists in the production of hydrochloric acid in the stom-

ach necessary for digestion and the proper absorption of fats and proteins.

During the month of May, Cataplex G will be 10% off the regular price. Cataplex G comes in a bottle of 90 tablets for \$11.00 and a bottle of 360 tablets for \$38.00.



This Memorial Day let's not forget all of our fallen heroes who have paid the ultimate price for our freedom.

## Natural Sunscreen

1/2 cup coconut oil  
2 Tbsp mango or shea butter  
Combine the two ingredients in a clean glass jar. Place in a pan filled halfway with boiling hot water and let melt. Do not do this over direct heat. Store in a glass jar. Apply before going out into the sun and as needed.

Avoid being outdoors when the sun is strongest, between 11 a.m. and 4 p.m. Dress appropriately. Clothing offers an SPF of 5 to 9. Wear hats and eye protection whenever you are exposed.



## New Reasons to Run Away from GMOs By Jeffrey M. Smith

Are genetically modified (GM) foods making you sick—I mean *really* sick? Up until recently, all we could say was, thank goodness you're not a lab rat; GM feed messes *them* up *big* time. GMOs (genetically modified organisms) appear to trigger the immune systems of both mice and rats as if they were under attack.

In addition, the gastrointestinal system is adversely affected, animals show signs of accelerated aging, and vital organs are damaged. Lab animals can also become infertile, have smaller or sterile offspring, increased infant mortality, and even hair growing in their mouths. Have I got your attention?

Biotechnology corporations such as Monsanto try to distort or deny the evidence, sometimes pointing to their own studies that supposedly show no reactions. But when scientists such as French toxicologist G.E. Seralini reanalyze Monsanto's raw data, the rats fed GM corn actually suffered from clear signs of

toxicity—evidence that industry scientists skillfully overlooked.

Even without human clinical trials, experts conclude that there is sufficient evidence from animal feeding studies to remove GMOs altogether. The American Academy of Environmental Medicine (AAEM) called for a **(continued on page 2)**



## New Reasons to Run Away from GMOs (continued from page 1)

moratorium in 2009 based on their review of the research. According to their former president Dr. Robin Bernhoft, the Academy “recommends that all physicians should prescribe non-genetically modified food for all patients, and that we should educate all of our patients on the potential health dangers, and *known* health dangers of GMO food.” Today, thousands of physicians and nutritionists do just that, and they report that a wide variety of health conditions improve after people make the change.

IRT has interviewed doctors, pediatricians, scientists, mothers, consumers of diverse age and backgrounds and all confirm they’ve experienced health improvements in themselves or their patients by taking GMOs out of their diets.

People who switch to non-GMO diets report improved health and relief from symptoms endemic of a wide range of illness. Removing GMOs is often done often by buying organic foods—which are not generally allowed to use GMOs. So did the reported health recoveries stem from eliminating GMOs or from the reduction in chemicals and increased nutrition found in organics?

The experience of numerous veterinarians and farmers around the world gives us insight. When they take livestock off GMO soy or corn and substitute the non-GMO equivalent, they don’t have these pesky co-factors.

The animals are not eating organic, there’s no change in nutrients or additives, and the results echo the improvement found in humans.

**So, how could GMOs be so bad?** GMOs have foreign genes inserted into their DNA, which is followed by cloning of those cells into plants.

1. Irrespective of which foreign gene is used, the very process of insertion and cloning causes massive collateral damage to the plants’ *natural* DNA. This has resulted, for example, in a new allergen in Monsanto’s GM corn and a huge allergen increase in their GM soy. Most of these types of unexpected side effects, which can add toxins or carcinogens to our meals, are never even screened for.
2. The GM crops on the market have added genetic material from bacteria and viruses. These pieces of DNA, as well as the RNA and proteins they produce, have never been part of the human diet; that can be a problem for the immune system. According to Martha Grout, MD, “Genetically modified foods create inflammation in the system.” Inflammation, in turn, can lead to a wide variety of diseases, including allergies, autoimmune diseases, diabetes, and heart disease. Dr. Emily

Lindner likewise interprets the impact of GMOs as “an immune or inflammatory response” and treats it accordingly.

3. The gene inserted into certain GM corn and cotton varieties is *designed* to provoke a response—in insects that is. The gene produces a poison called Bt-toxin that kills certain bugs by breaking holes in their digestive tracts. In spite of assurances by the biotech industry to the contrary, a study published this year confirmed that the toxin also breaks holes in human cells. A Canadian study in 2011 found Bt-toxin from Monsanto’s corn circulating in the blood of 93% of the pregnant women tested, as well as in 80% of their unborn fetuses. Bt corn might therefore not only provoke an inflamed, leaky digestive tract, it might wreak havoc in our blood stream, and in the delicate brains of infants, whose blood brain barriers are not developed.
4. Three minor GM crops, papaya (grown in Hawaii and China exclusively), zucchini, and yellow crookneck squash, have inserted virus genes designed to fend off disease. Eating these, however, may have the exact opposite effect on us. Viral genes can produce viral proteins, which as a class are well-known to suppress the body’s defenses against viral infection. They can also be toxic.
5. The most widely used GMOs are called “herbicide tolerant,” including soy, corn, cotton, canola, sugar beets, and alfalfa. This trait allows farmers to spray Monsanto’s weed killer Roundup, for example, on their Roundup Ready crops without killing them. The genes inserted into these plants produce proteins with allergenic properties. Perhaps of greater concern is that the sprayed toxins are concentrated into the food portion of the plant and end up in our diet. Roundup is linked to cancer, Parkinson’s, birth defects, and endocrine disruption.
6. The only human feeding study confirmed that part of the gene inserted into Roundup Ready soybeans can transfer into DNA of bacteria living inside our intestines. If the transferred genes continue to produce proteins (and there is evidence suggesting it does), then we may have allergens, viral proteins, or even Bt-toxin continuously manufactured within our own digestive tract.\*