

# Metabolic News

The Newsletter of Metabolic Nutrition

May-July 2008

## May-July Specials:

**Glucogone &  
Lipoic Plus**  
**20% off**  
(details on p. 2)

**New Delicious  
Immune Boosting  
Snack Bar!**  
(details on p. 3)

**New Clinical  
Testing Services**  
(Vit. D & Cardio-Metabolic)

**Clinic Hours:**  
**Monday through Friday**  
**8:00 AM — 4:00 PM**  
**Saturdays by appt.**

**Phone: (415) 257-3099**  
**Toll Free (877) 257-3098**  
**Fax: (415) 257-2226**

[www.BloodpH.com](http://www.BloodpH.com)

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## Toxic Body Care Alert!

By Diane Fischler, CNC

Did you know that women who use make-up on a daily basis can absorb up to 5 lbs. of chemicals a year into their bodies? Many women are using more than 20 beauty products a day, such as soap, shampoo, conditioner, styling products, lipstick, moisturizer eye make-up and perfumes, as well as hair coloring and nail polish. Men, too, are using a wide variety of grooming products. Have you ever wondered about the chemicals in your personal grooming products, and whether or not they contain harmful toxins? Even if you are using products labeled "natural" or organic," you might be in for quite a surprise. If you can't pronounce it, do you really want to be rubbing it on your skin or scalp or putting it near your mucous membranes (or eating it, for that matter!)?



Over the past few weeks there have been numerous, disturbing reports that many products labeled "natural" or "organic" actually contain the carcinogenic contaminant 1,4-Dioxane which is also suspected as a kidney toxicant, neurotoxicant and respiratory toxicant, among others, according to the California EPA, and is a leading groundwater contaminant.

To avoid 1,4-Dioxane, the OCA (Organic Consumers Association) urges consumers to search ingredient lists for indications of ethoxylation including: "myreth," "oleth," "laureth," "cetareth," any other "eth," "PEG," "polyethylene," "polyethylene glycol," "polyoxyethylene," or "oxynol," in ingredient names and to purchase products certified under the USDA National Organic Program.

To learn more and to see a complete list of the products that were tested, visit [www.organicconsumers.org](http://www.organicconsumers.org) or [www.ewg.org](http://www.ewg.org) (Environmental Working Group) and click on the "body burden" link and then go to "skin deep" to investigate the personal care products you are using.

Here are some other toxic ingredients you need to avoid:

- **Mineral oil, paraffin and petrolatum:** Petroleum by-products, hormonal disruptors
- **Parabens:** Hormone disruptors, estrogen mimics
- **Phenol carbolic acid:** Circulatory problems, respiratory failure
- **Propylene glycol:** Dermatitis, kidney & liver abnormalities

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# Lipoic Plus & GlucoGone

## For Detoxification and Blood Sugar Control

### *20% Off Through July 2008*

At Metabolic Nutrition we believe that everyone should eat a **metabolically correct and balanced diet** and should take **basic foundational supplements** to maintain optimal health. Our foundation trio covers these basics: **Multivitamin** (Formula I, II, or Balanced), **Krill oil** for essential fatty acids, and **Kristazyme** (our powerful, specially formulated digestive enzyme). Beyond that we've developed our **GlucoGone** and **Lipoic Plus**, for those who need extra targeted support.

Because so much of the Kristal Method of Metabolic Typing revolves around tracking blood sugar, we discovered that many of our clients were showing disglycemic tendencies (abnormal blood sugar regulation). Disglycemia can show up as an elevated fasting blood sugar (above 100) or an abnormal rise in blood sugar after ingesting something sweet (higher than 150 after a meal). Disglycemic blood sugar may indicate a tendency toward diabetes or insulin resistance. Disglycemia will make it difficult for a person to lose weight; fluctuating blood sugar will increase sweet and carbohydrate cravings and will create spikes of insulin, a fat storage hormone. **GlucoGone** was developed to support the body nutritionally and to keep blood sugar levels stable. The primary ingredient is **Banaba leaf**, a plant that increases insulin sensitivity, allowing sugar to get into the cells to be burned for energy rather than being stored as fat. Anyone wanting to **lose body fat**, who is struggling with **Type II Diabetes**, or **Pre-Diabetes** can benefit from including **GlucoGone** into their supplement regimen.

Dr. Kristal developed **Lipoic Plus** with the intention of creating a powerful antioxidant formula with superior ingredients to those typically found on the market. Most of the Lipoic Acid available in supplements comes from China. We only use the highest quality European pharmaceutical grade. Lipoic Acid is often referred to as the universal antioxidant because of its unique ability to operate in both fat and water soluble tissues of the body. **Lipoic Plus** can be taken on its own as part of a daily detoxification regimen or it can be taken with **GlucoGone** to further support weight loss and blood sugar stabilization. Our **Lipoic Plus** formula also contains curcumin, a potent anti-inflammatory, and green tea extract to stimulate metabolism (without caffeine to avoid the jitters). Lipoic Acid depletes biotin, so the formula includes 300 mcg of biotin. Finally, selenium helps to further support detoxification.

**Take advantage and stock up on both for 20% off through the end of July 2008!**



## One Year Anniversary!

May 15<sup>th</sup> marks one year in our new location at 1530 Fifth Ave., Ste. A, San Rafael. If you have not stopped by recently, **come visit us**, and in celebration of our anniversary, we will give you **10% off your supplement purchase**.

## Tune-up Appointments:

Spring is the perfect time to review and renew your program. Remember, one hour "tune-up" appointments are only \$75.00. Make yours today!



# New Products & Services!

## Cocommune from Designs for Health

You won't believe something this **delicious** could be **so good for you!** Designs for Health has introduced a new bar that tastes just like a Mounds Bar, only better and much healthier, and is combination of antioxidant-rich dark chocolate and coconut and colostrum Tegrice<sup>TM</sup>. Tegrice<sup>®</sup> (patent pending) is designed to enhance general immune function and to help reduce the effects of Irritable Bowel Syndrome (IBS) and Inflammatory Bowel Disease (IBD), including Crohn's, Celiac and Ulcerative Colitis. It has been used to heal and repair damaged gastrointestinal mucosal tissue from the use of NSAIDs. It provides a perfect combination of immune and growth factors including immunoglobulins, lactoferrin and insulin-like growth factor 1 (IGF-1), amino acids and other important nutrients.



Additionally, the fat content of the bar is provided by coconut and coconut oil, which are rich in medium chain fatty acids known to possess anti-bacterial and immune-enhancing properties. Coconut oil is very easily burned into energy. **Order some today!**

We also carry PaleoBars in the following flavors: Coconut Almond, Berry, Vanilla Almond, Chocolate Coated, Chocolate Almond. Our **new pricing structure** for PaleoBars and Cocommune:

**1-5 bars: \$2.75 each**  
**6-17 bars: \$2.50 each**  
**18+ bars: \$2.25 each, \$40.50 per box of 18**

**New Testing Services:** We are thrilled to be able to offer you two new blood spot tests from ZRT labs.

### CardioMetabolic Profile \$175.00

This at-home blood spot test will assess several of the markers that have been identified as risk factors for metabolic syndrome, cardiovascular disease and Type II Diabetes. These biomarkers are: High Sensitivity C-Reactive Protein, Insulin, Hemoglobin A1C and Triglycerides. Call to find out more or to purchase.



### Vitamin D<sub>2</sub> and D<sub>3</sub>, \$125.00

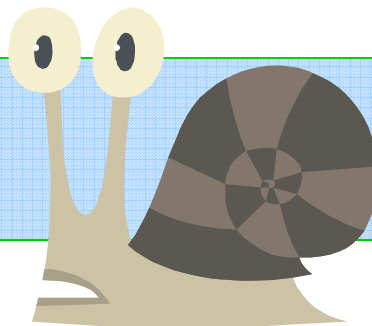
The importance of adequate Vitamin D cannot be overstated. Vitamin D deficiency has been linked to various cancers, cardiovascular health, bone health, depression, and autoimmune diseases, such as multiple sclerosis and Type I Diabetes. A simple blood-spot test can help you to determine if you have adequate levels of this critical vitamin.

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- **Acrylamide:** Linked to mammary tumors
- **Sodium laurel or laurel sulfate, sodium laureth sulfate:** Found in 90% of personal care products. Combined with other chemicals, becomes a potent carcinogen and can cause hair loss
- **Toluene:** Petroleum by-product, liver, kidney damage, fetal damage. Found in most synthetic fragrances
- **Dioxane:** See above. Found in compounds known as PEG, polysorbates, laureth, ethoxylated alcohols

As a health conscious individual, there are many options available to you to replace any products you might be using that contain some or all of the harmful chemicals discussed above. All it takes is some label reading and some research to find the healthiest personal care products. **Ask us about our moisturizing MSM cream.**

## *From Snail Mail to Email: We Need Your Help!*



Dear Readers,

Would you prefer to receive an electronic version of our newsletter? We'd like to move toward a more sustainable means of transmitting our information to you and would also like to be able to reach you more often with monthly web specials, featured products, recipes for your metabolic type and hot-off-the-presses news and information. Please call us at 415-257-3099 or email us at [diane@bloodph.com](mailto:diane@bloodph.com) to let us know if you'd like to be on our email list.

If you'd like to be removed from our list altogether (we'll miss you!), please call or email us to let us know.

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Dedicated to the memory of Dr. Harold J. Kristal