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 acknowledges occasional differences of  
 opinion among panelists and welcomes the  
 exchange of differing points of view.*

## Tiny powerhouse kills cancer and keeps it from coming back... but that's not all

by Michele Cagan

There's a teeny tiny natu-  
 ral miracle that has an  
 enormous impact on  
 cancer: killing off cancer cells,  
 making sure cancer doesn't spread,  
 even preventing its return.

- 82% decrease in the spread of metastatic lung tumors
- 71% reduction in the protein that causes aggressive cancer growth
- 31% increase in cancer cell death in just 30 days

And if that was all this miniscule miracle could do, you'd need to know about it right away. But this life-saving powerhouse can do so much more: prevent diabetes, protect you from heart attack, reverse atherosclerosis, the list goes on.

Most surprising, this little life-saver is something you've heard of—well, almost. It's called FHL Concentrated Flax Hull Lignans, related to the flax you can buy at the health food store, but so much more powerful and protective. That's because the biggest supply of lignans are in the shells, the part that's left out of those bags of flax in the store. And the lignans contain the lion's share of disease-fighting action.

### Fighting even aggressive breast cancer with the power of lignans

When HSI first broke this story back in June 2008, the research was slim, but promising. Since then, more studies have been conducted, proving just how well flax lignans can help you in the fight against cancer—especially cancers tied to hormones, like breast cancer.

Like in this study, which included postmenopausal women who'd just been diagnosed with breast cancer. For just 32 days, the women in the test group ate muffins containing flaxseed with a specific amount of SDG (the key lignan, more on that in a moment). And in that very short time period—just one month—the researchers saw truly amazing results. Breast tumor cell growth had decreased by 34.2%. Cancer cell death (called apoptosis) increased by 30.7%. And a protein called C-erbB2 (also known as HER2), which causes highly aggressive cancer growth, decreased by 71%.<sup>1</sup>

And an animal study brought equally impressive results. Mice with breast cancer were either given flax seed or not. The animals in

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### Our Mission

The Health Sciences Institute is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

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## Tiny powerhouse kills cancer and keeps it from coming back

(continued from page 1)

the flax group had a substantial reduction in their tumor growth, plus a 45% decrease in total cancer spread (metastasis) compared to the control group. In fact, 88.9% of the animals in the control group had cancer spread to their lymph nodes, compared to just 33.3% in the flax group. Best of all, the flax reduced the spread of metastatic lung tumors by an amazing 82%.<sup>2</sup>

The secret of this overwhelming success is in the lignans, especially an extremely powerful lignan known as SDG (*secoisolariciresinol diglucoside*). The lignans found in flax hulls get broken down in the colon, and turned into two different kinds of lignans, specifically enterolactone and enterodiol. And it turns out that enterolactone plays a very important role in keeping breast cancer at bay.

- A German study found that postmenopausal breast cancer risk decreased significantly in women with higher enterolactone levels.<sup>3</sup>
- A Danish cohort study, which included information on 24,697 women, found that those women with higher levels of enterolactone before their breast cancer diagnoses had a lower mortality rate<sup>4</sup>
- A 2011 animal study found that enterolactone works like tamoxifen, preventing breast cancer tumors from forming their own blood vessels (a process called angiogenesis), but without any toxic side effects<sup>5</sup>

And breast cancer is just one of the dreaded diseases that flax lignans can fend off.

### Flax lignans knock out prostate cancer and ease BPH symptoms

For years now, scientists have known that flax lignans can impact prostate cancer, and a brand new study determined exactly how they work.

In this 2011 *in vitro* study, researchers learned that enterolactone (created when you consume Flax Hull Lignans) inhibits the growth and development of prostate cancer. It does that triggering apoptosis (cell death) of prostate cancer cells, and actually increased apoptosis by 46%.<sup>6</sup>

That helps explain the results researchers have seen in human and animal studies. Like in this Danish pilot study, which included 161 men with prostate cancer, all scheduled for prostatectomies. The men were split into five groups, two of which got flaxseed. The men in the flaxseed groups saw their tumors grow 30%-40% more slowly than the men in the other groups. Researchers concluded that flaxseed could be associated with symptom relief and better survival.<sup>7</sup>

An earlier and smaller pilot study, this one with 25 prostate cancer patients, found that flaxseed could help to prevent and treat prostate cancer.<sup>8</sup> In this

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study, researchers saw clear benefits for the men in the flaxseed groups:

- An average 62 point decrease in total testosterone
- Free androgen index dropped from 36.3% to 29.3%
- Cancer cell growth (based on the proliferation index) was just 5%, compared with historical controls of 7.4%
- Cancer cell death increased significantly
- Total cholesterol decreased by an average 27 points (a very good side effect)

Flax lignans can also substantially improve BPH symptoms. A four-month study, which included 87 men with BPH, found that SDG boosted quality of life and decreased prostate symptoms significantly better than placebo. Researchers concluded that SDG effectively improved BPH symptoms similarly to pharmaceuticals like 5-alpha-reductase inhibitors<sup>9</sup>—which have recently been linked with an increased risk of aggressive prostate cancer.

### **Real men watch prostate symptoms fade away with flax lignans**

Chris has prostate cancer, so advanced that it spread to his bones—his hips, knees, shoulder, and back—causing considerable pain. His doctor decided to subject him to four rounds of chemotherapy to lower his PSA count, which was alarmingly high at 50+. After those four treatments, his PSA had climbed

to 94.7, so his doctor stopped all treatment.

By some miracle, Chris learned about FHL Concentrated Flax Hull Lignans and began taking them. And in just a few short months, his PSA shrank to 46.2. And about six months later, it dropped all the way down to 26.3... and reduced his many nightly bathroom trips to one.

Howard had a dangerously high PSA when he started taking FHL—and within five months, his score dropped by 40%. He kept taking it, and at his last check, his PSA clocked in at normal levels. The nurses on his case said they'd never seen such a drastic drop in PSA.

About two years ago, Buddy had a PSA count of 17. His doctor wanted to schedule prostate cancer surgery immediately. Instead, Buddy started using flax lignans twice a day. Though the doctor and his staff kept pressuring Buddy to schedule the surgery, he didn't. And when he returned for another test, his PSA count had dropped down to 3. That was a couple of years ago—and Buddy's PSA is now holding steady at 2, and his prostate is fine.

### **Can flax lignans keep cancer from coming back? Former cancer patients say yes!**

While researchers have studied how well flax lignans can fight certain cancers, and tried to figure out how, there isn't any published research on how well it keeps former cancer

patients healthy.

But former cancer patients are spreading the word about how flax lignans have kept them healthy and in remission for years... even when they'd suffered cancers that normally have high recurrence rates.

Like Will, who'd been through surgery for a fast-growing 9.6 cm tumor in his stomach (just so you now, when they hit 10.0 cm, it's too late for surgery). After that, Will did not want to suffer through chemotherapy, but he also didn't want his GIST (gastrointestinal stromal tumor) to come back—and these tumors have a pretty high recurrence rate. So Will started taking the FHL Concentrated Flax Hull Lignans, and has remained cancer-free for the past five years.

And Alfred, who'd endured recurrences of basal cell skin cancer for more than ten years. Then he learned about FHL, and started taking them every day, and hasn't needed to have a basal cell cancer removed since.

Carol suffered from bladder cancer, and had four tumors removed. After that, her father introduced her to FHL concentrated flax lignans, and she began taking them every day. And despite the warnings of her doctor that her cancer would very likely recur, it hasn't. She's been checked every three months, and her doctor is literally amazed that there has not been a single recurring tumor.

Murphy was diagnosed

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# Cutting-edge invention reduces pain and erases inflammation in minutes

by Michele Cagan

**D**r. Jackson Corley, chiropractor and inventor, played extreme sports... until he fell off a ravine, and sustained crushing injuries. He herniated several disks in his back, and couldn't walk anymore.

Mainstream medicine offered up surgery, but Dr. Corley knew the outcome was iffy. So he decided to create his own solution, based on something he'd heard about a few months before that fateful accident.

In just two weeks, Dr. Corley was walking again.

No surgery. No drugs. No handfuls of supplements.

It's a fascinating new technology, and it starts working in just minutes, sometimes even faster.

## **Increase circulation, heal wounds, relieve pain and inflammation in just moments**

Dr. Corley's cutting-edge invention is a special fabric comprised of carbonized bamboo charcoal and germanium (more on that in just a moment). This fabric, the centerpiece of the Incrediwear product line, literally increases the blood flow to any area it touches.

What does that mean to you? Increased blood flow means better circulation, which brings more oxygen and healing nutrients to the area. It means pain relief, better mobility, less muscle fatigue, and more comfort. Plus, increased blood flow speeds healing. And

for those of you whose feet are always cold, it means warm feet.

And if you're suffering pain and discomfort because of poor circulation—if you have Reynaud's syndrome or peripheral neuropathy, for example—you'll feel those benefits right away. Even chronic back pain, knee pain (like from osteoarthritis), and tendonitis sufferers can feel more comfortable right away.

## **Incrediwear users are feeling better in just minutes**

Incrediwear products are so new that there aren't any published trials to evaluate how well they work...yet. But there are individual thermographic imaging and blood flow tests that give us a pretty good picture of their effectiveness. And there are a few studies underway, but we won't see the results of those for several months (stay tuned!).

First, the evidence we do have, a compilation of imaging tests (which I've seen, and they are stunning to look at) and blood flow tests. (All temperature references are in Fahrenheit.)

- One thermographic imaging test showed that a foot in an Incredisock gained 6.0 degrees in just five minutes, along with a 50% increase in blood flow.<sup>1</sup>
- A patient with Carpal Tunnel Syndrome experienced a 4.5 degree temperature increase in his fingers in just 22 minutes, and regained full feeling in his hand with an Incredibrace.

- A patient with chronic shoulder strain had a 5 degree drop in temperature in just 20 minutes, and gained 20% more range of motion in the shoulder using an Incredibrace.
- A man wearing a hiker-style Incredisock had a 12.8% increase in blood to his leg along with a 14.3% increase in blood speed to the area<sup>2</sup>
- A man wearing an Incredibrace knee sleeve gained 12.1% in blood flow and 12.8% blood speed in just 20 minutes<sup>3</sup>

With more blood getting to the area more quickly, you'll feel the relief flowing through you. Whether it's a chronic condition like Carpal Tunnel Syndrome or an injury, Incrediwear products will make you feel better right away. No pills to choke down, no smelly creams to rub on (and get on your clothes). And since you don't have to take the socks or braces off every few hours (the way pills and creams wear off), you'll have constant, consistent relief.

## **People are raving about the truly incredible effectiveness of Incredi braces**

While we won't have the study results on the Incrediwear products for quite some time, people are being helped right now—and their experiences are close to miraculous.

Will Larson has worn some kind of brace ever since he was stricken with polio as a child. He's tried many different knee

braces, but hasn't really liked any of them. Until now. He recently tried an Incredibrace and found it to be lightweight, comfortable, and "it really works." Will says he will "never use another kind of knee brace. It is the best. My knee doesn't hurt as it did before."

Dr. K., a practicing physician for more than 30 years, has tried countless products. He was skeptical when he first read about the Incredibrace, but decided to try it anyway—and his reservations quickly dissolved. The chronic pain in his left calf was relieved by 90% after wearing the Incredibrace knee sleeve.

Judy Cino suffers from terrible pain due to Carpal Tunnel Syndrome, so bad she was taking painkillers several times a day. Then she tried an Incredibrace, and her pain dropped from a 6 down to a 1 in just about ten minutes. She reports that "the brace is very comfortable and I don't really even notice it is there most of the time. And it is very easy to launder; I just throw it in the wash with my other clothes."

### **Incredisocks eliminate swelling and make your feet look better than ever**

Ron Hartand has had many problems with his feet—swelling, pain, neuropathy—mainly caused by his Type 2 diabetes. He was walking the floor at a tradeshow one day, which would normally end with his feet in agonizing condition, when he came across Incredisocks.

The men at the booth asked Ron to test their diabetic socks—wear one Incredisock and one of his own Dr. Scholl's diabetic

socks, and see the difference. Ron took that challenge, and within a half hour, he was wearing the Incredisocks diabetic socks on both feet... and he hasn't worn any other socks since.

At the end of that long day of walking around the tradeshow, Ron went back to his hotel room and took off the socks, expecting to see his usual purple, swollen feet. He and his wife were "flabbergasted," because Ron's feet looked better than they had in years.

Then there's the story of Rick Rachwitz, who suffered from a sore posterior tibialis tendon (the tendon that holds the arch of your foot) for more than two years. But wearing Incredisocks around the clock for about four months seems to have healed it once and for all.

Marie Hotens has persistent numbness in her toes, which disappeared completely after only a few days of wearing Incredisocks. She calls them a "wonderful aid to circulation."

And the letters just keep pouring in, with people just glowing about the incredible effectiveness of these socks. The secret to their success: the simply amazing fabric created by Dr. Corley.

### **Revolutionary technology offers constant therapy wherever you need it**

This amazing fabric, made of bamboo charcoal or bamboo charcoal with germanium (the metal, not the flower), releases negatively charged atoms called anions when they come in contact with your body. And while negatively charged atoms sounds like a bad thing, the truth is

### **Diabetic Incredisocks use special non-compression technology**

When you suffer from diabetes, peripheral neuropathy is a very common result, causing pain, swelling, and numbness in your feet. For days when your feet are extra tender and swollen, standard socks can feel like a vice grip.

That's why Dr. Corley developed special diabetic socks. These socks still use anion technology (this time from a porcelain polymer thread), but they are non-compression, meaning they will be much more comfortable to wear when you suffer from extreme swelling.

exactly opposite. Anions actually stimulate "molecular vibration" and circulation.

Increased circulation supplies more oxygen and nutrients to your tissues. That translates to reduced swelling, less pain, easier movement, and more comfort for you. And the products are especially helpful if you have poor circulation issues—even if it's already progressed to a point where the skin has a purple tinge caused by lack of oxygen.

In addition to the oxygen boost, you'll also notice a temperature-changing effect. Basically, the Incrediwear products act like thermal regulators: If you're cold they'll warm you up, and if you're too warm (like happens with inflammation) they'll cool you down. In fact, this cutting-edge technology will even keep your

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## Tiny powerhouse kills cancer and keeps it from coming back

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with lymphoma back in 2004, when he developed a lump in his groin. He had surgery and radiation. But the next year, another lump showed up on the other side. So he suffered through surgery and radiation again. His third lump called for radiation. When the fourth lump appeared, Murphy's doctor told him not to treat it, and to expect to keep getting these tumors for the rest of his life.

But in 2008, Murphy learned about flax lignans. Within six months, the latest lump was shrinking, then disappeared completely. His doctor was impressed, but told him the tumors would certainly return. So far, they haven't.

These are just a few of the many people who've shared their FHL stories, but the others were just as inspiring.

### Flax lignans take on more than cancer

As impressive as the cancer-fighting track record is, flax lignans offer so much more.

- Prevent Type 2 diabetes
- Reverse atherosclerosis
- Balance blood sugar
- Lower LDL and total cholesterol
- Potent antioxidant protection
- Fight and kill viruses
- Keep your pets healthy

All of those powers come from the shells of the flaxseed, the part that's usually thrown away. But thanks to a farmer who invented a chemical-free

way to separate the lignan-rich hulls from the rest of the flax, you get the full power of all the lignans, and more.

Because Concentrated Flax Hull Lignans don't just contain up to 65% pure lignan content. Every single scoop contains 150-300 mg of SDG, the most potent lignan of them all, about 70 times more than you'd find in plain old ground flax. And you also get 275 mg of ALA (alpha linolenic acid), a powerful omega-3 fatty acid, in each scoop. ALA, as you'll see in a moment, is quite a powerful disease fighter all on its own.

Then there's the antioxidant content, which flax lignans have by the bucketful. To put it in perspective, the USDA lists prunes as having the highest ORAC value (which measures antioxidant content), coming in at a score of 5,770 per 100 grams. Concentrated Flax Hull Lignans have more than three times the antioxidant power, coming in at an amazing 19,600 per 100 grams—which translates to 980 ORAC per scoop.

So you can see where the overwhelming healing powers in every tiny scoop of flax lignans come from. And now you'll see what else they can do.

### Flax lignans can reverse atherosclerosis

The benefits of flax lignans don't stop with cancer-fighting power. Thanks to their high SDG and ALA (alpha linolenic

acid) content, they can also keep your cardiovascular system in peak condition.

In fact, even people with existing cardiovascular problems—like atherosclerosis and high blood pressure—can see those turn around if they add a little scoop of lignans into their daily regimens.

A 2010 review study found that SDG can slow down the progression of atherosclerosis. Even better, it seems that this ultra-powerful lignan can even reverse atherosclerosis caused by high cholesterol—reverse it!<sup>10</sup>

And one double blind, placebo controlled study<sup>11</sup> found that subjects with high cholesterol enjoyed a 13% decrease in LDL levels in just five weeks when they added flax into their routines. Plus, subjects who also suffered from hypertension saw a 19% reduction in their CRP levels. On top of all that, the people in the flax group improved their insulin sensitivity on two standard scales—and reduced their average insulin resistance index score by 23.7%.

And speaking of insulin resistance, it looks like the SDG in flax lignans can actually prevent Type 2 diabetes from ever taking hold.

### SDG prevents Type 2 diabetes

It seems like Type 2 diabetes is nearly impossible to avoid, even if you eat pretty well and exercise regularly. But add FHL Concentrated Flax Hull Lignans into the mix, and you might just

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dodge that sugar bullet.

In this study, researchers tested SDG in rats that were genetically prone to develop Type 2 diabetes. For 72 days, some of the rats got SDG in their water, while others (the control group) did not. At the end of the study period, all of the rats in the control group had diabetes. But only 20% of the rats in the SDG group developed the condition.<sup>12</sup>

In a more recent study, this one with human participants, SDG (600 mg daily) was shown to lower fasting blood glucose levels by more 25% in just six weeks.<sup>13</sup>

### More lignans offer unique protections

While SDG is certainly the most well-known, widely studied, and talked about flax lignan, it is absolutely not the only one that offers protection against disease. So while other products may boast of their SDG content (which is probably not as high as the 150-300 mg you'll get in every scoop of FHL Concentrated Flax Hull Lignans), they may not contain any other beneficial compounds.

First, there's *matairesinol*, a precursor for the mammalian lignan enterodiol. This lignan wields the special power of stopping the aromatase enzymes that allow breast cancer cells to multiply.<sup>14</sup> What's more, an *in vitro* study found that matairesinol could stop the growth of leukemia cells (acute promyelocytic leukemia) nearly as well as pharmaceuticals.<sup>15</sup> This lignan was also found to stop

the growth and spread of liver cancer in lab rats.<sup>16</sup>

Another animal study<sup>17</sup> found that matairesinol attacked prostate cancer by reducing the size of tumors and increasing the prostate cancer cell death rate.

It can also keep a hormone called dihydrotestosterone from binding to a compound called SHBG (sex hormone binding globulin). And when you keep those two apart, you may be able to stop male pattern baldness.<sup>18</sup> That's right—no more hair loss.

And there are still more flax lignans, each offering its own area of protection. But that still isn't all you'll get in each scoop of FHL—you also get 275 mg of ALA in every scoop.

### ALA fights cancer and reduces heart attack risk

In just one tiny scoop of FHL Concentrated Flax Hull Lignans, you'll get a huge 275 mg dose of ALA, a heart-healing, cancer-fighting omega 3 fatty acid. And you can't get that same ALA boost with any old flax. According to one bio-availability study<sup>19</sup>, milled flaxseed (just like you'll find in this product) increased blood levels of ALA... but whole flaxseed did not.

Here are just some of the things ALA can do for you...

- Prevent some types of cancer by stopping tumor growth<sup>20</sup>
- Stop breast cancer tumors from metastasizing<sup>21</sup>
- Reduce the risk of developing breast cancer<sup>22</sup>

- Lower the risk of second heart attack<sup>23</sup>
- Decrease the risk of death from a second heart attack by 80%<sup>23</sup>
- Reduced arterial plaque by 50%<sup>24</sup>

And ALA is just one of the healing compounds you'll get in FHL flax lignans. Put them all together, and you've got a whole cancer- and disease-fighting army in one tiny little scoop.

### Take charge of your health with Concentrated Flax Hull Lignans

Once you start adding FHL Concentrated Flax Hull Lignans into your daily routine, they'll go to work right away to keep you in optimal health.

The manufacturer recommends using one scoop per day (1/2 tablespoon), mixed into food or a drink. The scoop comes in the jar, so you won't have to worry about measuring. And these flax lignans are naturally shelf stable for up to 18 months, so you don't have to put them in the refrigerator.

You can even use the flax lignans in baking without losing any of the cancer-fighting protection.

And just so you know, different jars may be different colors, ranging from gold to brown. That has no impact on the lignan content.

You can find ordering information for FHL Concentrated Flax Hull Lignans in the Member Source Directory on page 8. **HSI**

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## Cutting-edge invention reduces pain and erases inflammation in minutes

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feet warm if the socks get wet.

When you wear this unique anion-producing fabric, you'll experience constant therapy, similar to the technology long-used in sports medicine clinics (which use infrared anion technology). And while the infrared technology used by physical therapists does bring negative ions to the injured area, it's only for a short time. With Incrediwear products, the therapy lasts as long as you wear the brace or sock—and you can safely wear them around the clock.

### Stay tuned—we'll keep you updated on new developments and study results when they're in

Right now, scientists at the University of Utah are running studies with the Incrediwear products. They're specifically looking into just how well these products can improve vascular functioning,

skin thickening, and wound healing in quadriplegic patients.

And researchers at clinic in Sacramento, California are putting together the results of their study on how well these products helped children with cerebral palsy. (Though we do already know that they children using the them no longer suffered from cold extremities.)

Dr. Corley told me that another new study is starting, this one involving post-surgical patients with arthritic knees.

He also told me that he has several new products in development, many based on requests from customers who are already using the socks and braces.

So stay tuned! We'll bring you the results of those studies, and keep you informed of new product developments, as soon as the information is available.

### Slip these on and start feeling better right away

Combat poor circulation and inflammation with Incrediwear products—and you'll feel the difference right away.

Oh, and another great thing about these socks and braces: they last for a very long time. In fact, in tests Incredisocks withstood more than three times the wash revolutions of regular socks. Regular socks got holey after 30,000 trips in an irritation machine... but Incredisocks went through more than 100,000 revolutions without developing holes. Incredibraces can also be washed in the machine, but the manufacturer recommends that you don't put them in the dryer (to avoid shrinkage). The socks, however, can go in the dryer with no problem.

You can find ordering information for the Incrediwear products in your Member Source Directory on page 8. **HSI**

## MEMBER SOURCE DIRECTORY

**FHL Concentrated Flax Hull Lignans**, Ph (817)710-6918 or 817-886-8108; [www.flaxlignanhealth.com](http://www.flaxlignanhealth.com). One tub of FHL Concentrated Flax Hull Lignans (a one-month supply) costs US\$36.00, but HSI members can get one free tub when they buy two by using code HSI.

**Incrediwear socks and braces**, Complementary Prescriptions™, Ph (888)401-1105; IncrediSocks cost between US\$13.50 and US\$24.95, and IncrediBraces run from US\$21.50 to US\$74.99. HSI members get a special 10% discount on all Incrediwear products through August 31, 2011. Simply mention code CHSW700 to take advantage of these exclusive savings. Phone orders only.

### Correction: Some information in your June 2011 Member Source Directory has been updated:

**AvéUltra**, The Harmony Company, Ph (800)820-9693; [www.theharmonyco.com/specialoffer](http://www.theharmonyco.com/specialoffer). One box of 30 packets costs US\$199.95. Mention HSI to get an exclusive 10% discount.

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