

# DOCTORS SPEAK OUT



Dr. Peter Lazarnick in 27 years has built one of the largest chiropractic practices in the State of Georgia. He has always been BIG on nutrition which has been a cornerstone to his development. His knowledge and professionalism has made him a favorite speaker with the health professional community.

**Dr. Lazarnick is a firm believer in Goji Juice because it literally changed his wife, Abby's life. Now he has a CD explaining the scientific reasons goji juice works.**

**Dr. Peter Lazarnick puts it in simple terms. In his audio CD " Nobel Prize Winning Health" he explains the value of polysaccharides this way:**

"To better understand how bioactive polysaccharides work to create a first-class immune system, just think of your body cells as a peanut M&M candy. The peanut on the inside represents the inner structure and workings of the cell. The chocolate layer in the middle represents the cell membrane surrounding the nut or the inner structure. The hard candy coating represents the glycoprotein covering the cells.

Just like M&Ms come in multi-colors, glycoproteins come in many many shapes and varieties. These shapes can and do change. This is how our cells recognize and communicate with each other. This is why a foreign invader is recognized and destroyed, while a friendly cell will be totally safe. Cells talk to each other in their own language. They may not have a North American accent, an Asian accent, or Hispanic accent, but they certainly communicate. Which is the most important aspect to human health and longevity.

**Like a cracked or missing piece of the M&M candy coating, if you do not have the proper or right amount of bioactive polysaccharides in your body, the glycoprotein covering that surrounds our cells may not properly form and protect the cell. This may lead to the malfunction of your cells and eventually a breakdown in cell-to-cell communication, among the cells of your immune system. Leaving you more susceptible to immune system breakdowns. By taking in the proper bioactive polysaccharides to prevent this, you can give your body great resistance against health disorders.**

Bioactive polysaccharides help with respect to the heart also, by reducing LDL the so called bad cholesterol or increasing HDL so called good cholesterol, lowering triglycerides, increasing powerful antioxidants, reducing the formation of plaque in the arteries, and lowering hypertension."

So how can you NOT want to protect your body? **The rest of Dr Lazarnik's CD is just as simple and pure. If you are interested in the CD give us a call at 360 421-5793** You are only going to improve your health if you understand your actions.

# What Dr. Brewer says about Goji

Dr. David Brewer  
D.C.  
Chiropractor

## Educate yourself

There is a lot, that we as doctors DO NOT know. Unfortunately, as doctors we are often placed on a pedestal that we can't live up to. New discoveries happen every day. Sometimes it proves that we are right and sometimes we are wrong. If we are wrong, we get sued. So there is a generally tendency to play it safe even if recent research leans to a different solution. How often would you go to a doctor who said "I am not really sure what's wrong with you?" So doctors as a rule portray themselves as superior in knowledge. Truth is medicine is a science, but diagnosing what is wrong is an art.

The important thing to remember is this: Your body develops conditions, sickness and disease because of something YOU did. A doctor can only make recommendations based on what they see and what you say. Most doctors treat symptoms to make you feel better instantly. That's what you are willing to pay for. It's easy to pop a pill and remove the pain. But it does not permanently get rid of the problem. It's still there.

**So what's the cause? Could it be one thing that causes most ailments, sickness and conditions.** Believe it or not modern science is pointing that it is. And it is as simple as nutrition. When our body does not get the proper nutrients our immune system malfunctions. This in turn allows foreign invaders to multiply in the weakest part of the body. If it is your circulatory system you could end up with a heart problems, if it is your digestion system it could be problems of the gut and each system has its own unique ailments. The point is the weakest part of your body is attacked first. Unfortunately most of the damage is done by the time you feel a symptom.

**So is the solution eating more food or plenty of fruits and vegetables? It is a lot more complicated than that.** If the nutrients are NOT in a plant then it does not matter how much you eat. Unfortunately our agriculture has geared itself toward LARGE corporations that market food. Soils are VERY depleted and artificial fertilizers, pesticides, growth hormones are used widely. If that does not kill the nutrition the processing, storage and dehydration does. The U.S. Agriculture claims that we have to eat 7 times more today than we did in the 60's to get the same nutrition. Some scientists claim it is more like 35 to 40 times. No wonder we are an obese nation. No wonder we are getting sicker and sicker.

**Our bodies were created to fight off ailments and disorders.** All of us have foreign invader cells, but our immune system kills them before they have a chance to grow into some ailment. Recent research in the last 15 years by 20 Nobel Prize recipients in medicine clearly demonstrates that we age and get ailments because of malfunctions at the cellular level. Many have pinpointed mutations to either a lack of certain nutrients or an exposure to harmful substances. It has been shown that glyconutrients are essential in building the inner cellular communications necessary for our immune system to fight off unwanted foreign invaders. These glyconutrients come from polysaccharides that we rarely find in our foods anymore.

**Recently Dr. Mindell, who is a pioneer in nutrition, discovered a plant in China that contains four unique polysaccharides that many doctors have been testing with remarkable results.** These extra potent polysaccharides can only be found in certain Goji berries, a tiny red berry with a huge result. He has designed a way to measure the potency and maintain the nutritional value. Study after study is proving the value. I encourage you to check out additional information on Goji Juice, and if you are scientifically inclined to go through the Pub Med research that backs up Dr. Mindell's reason for drinking Goji Juice.

Dr. David Brewer



**Dr. Victor A. Marcial-Vega**  
**M.D.**  
**Oncology- HIV**

## What Dr. Marcial-Vega says about Goji

**Board Certified Oncologist 21 years**  
**Trained at John Hopkins University**  
**Testified before U.S. Congress**  
**Researcher in nutritional medicine**

**Below you will find a quote from Dr. Marcial-Vega's DVD that shows actual video of what Goji Juice does for the blood. If you or for that matter any doctor who was not up on the latest research by 4 of the last 8 Nobel Prize recipients in Medicine, this a GREAT DVD/CD to show them. It actually shows RESULTS that can not be denied. Of course there are always the 75 studies on PubMed.gov that also prove the value of Goji Juice.**

So here is the copy, but you will be blown away by seeing the video of Dr. Marcial-Vega's research. It was this that convinced me that goji juice was more than just talk. I had tried so many health product that were scams. Goji also had Dr. Mindell's backing, who has the support of so many doctors because of his extensive research.

Why is the blood so important? Because the blood is the soup of life. The blood transports nutrition into the cell and transports the waste and toxins out of the body. So this is a transport mechanism that is essential. When the blood is healthy this is a good indicator that we are healthy.

I sterilize a finger and take two drops of blood from each patient. I've done this about 2,000 times in about 1,000 patients. And I do a before and after for what ever I'm looking for. So we are going to see the changes over a 7 day period. So the things I am going to explain you don't need to be a doctor to understand.

These are red blood cells that carry oxygen. You see that they are stacked up together. They are not healthy. The blood is so acid that they need to stack up to protect themselves. Besides that you see those little spots that are moving, those are bacteria in the blood. We are not sterile inside of our body. This is too much bacteria content in the blood.

This is a white blood cell and it is supposed to be moving. It is not moving in this patient. It's totally still. It's paralyzed. You want your white blood cells to move and clean all those bacteria and other things that are there.

Do you know what these pieces of dark material are? Those are pieces of cholesterol that are starting to form in the blood and these are the pieces that clog the arteries and capillaries and the circulation.

So this a patient of mine before taking the goji. These cells are plump. That is why they feel so tired and weak and depressed and anxious and angry and irritated. Because the acid does not allow the red blood cell to be separated, carry the oxygen, carry the nutrients in and out of the body in an optimal fashion. Too many bacteria.

This is about 48 hours after goji. Now it is not totally normal, there's about 60% less bacteria. This white blood cell is moving a little bit better The cholesterol pieces have reduced in size. So this is an improvement but there is still a lot of bacteria moving around. So it is not a totally normal situation YET. And there is still pale red blood cells. They're still anemic

As we continue giving the goji . You see now the bacteria are almost completely disappeared. This is a bout 72 hours. The cells you see them moving a little bit Now they are moving freely they are more relaxed. Now they are able to take oxygen in, and carbon dioxide out

The white blood cell is not moving great. It needs to be moving to clean the environment. And there is still acidity. You see those two shinny spots. That's uric acid. That's what gives gout. That's what tells me there is still acidity in the blood.

So we continue with the goji and look what we see now. The anemia is gone, these cells are dark. This is approximately 5 days after starting it. Five days that is very fast. Someone that's anemic at the microscopic level now they are dark that's how you want your red blood cells - nice and dark, meaning they have hemoglobin inside and transport of oxygen is optimal and at a maximum. Only one bacteria floating here and one down at the bottom. Very few.

This white blood cell is healthier, the edges are smoother It's looking better. It's looking more relieved

Now let's get a close up of the white blood cell after 7 days. That's the way they should be moving. That's a normal white blood cell moving inside of your body, cleaning what it is supposed to be cleaning. This happened from the goji juice only.



**Dr. F. E. Nicley M.D.**  
**Internal Medicine**

**Dr. F. E. Nicley** - The life expectancy of doctors is lower than the national average, so it is always interesting what doctors do when they receive the news that their life may be cut short. For Doctor Nicley, an internal medicine doctor, he turned to nutritional medicine when prescription medicine did not achieve everything he expected. His results made him a FIRM believer in Goji Juice. He passed on his beliefs and so many patients agreed with his findings. More and more medical experts are agreeing with RESULTS.



**Dr. Sandra Lee Boice M. S., Ph.D.**  
**Clinical Nutrition**

**Dr. Sandra Lee Boice** has 25 years of working in the trenches dealing with people "one on one" with their nutritional concerns. In the publication *The Doctor's Report*, she explains, " Health cannot be established without a proactive effort to add the nutrition that is lacking in our diet. Goji is a major asset in this battle against nutritional deficiencies. **In the past 25 years I've worked in the wellness industry, I've never seen nor experienced greater benefits than I have with Goji Juice.**"



**Dr. Jerry Shaw D.C.**  
**Chiropractor**

**Dr. Jerry Shaw** had been reading Doctor Mindell's books for years. He was a firm believer in, "you are what you eat." Trouble is with the way we process our foods so they last longer on the store shelves, the way we cook nutrients out of our foods, and the pesticides and growth hormones we embed into the foods we eat, we just are not getting the nutrition we need. So when Dr. Mindell said he discovered one of the greatest health discoveries ever, Jerry was one of the first to experience it for himself. **Upon his satisfaction, he did his own research on patients with a wide range of health problems. The results were astounding.** In an article titled "Good Medicine" in the magazine, Your Business At Home Dr. Shaw says he now believes Goji Juice can change the health of the world. And he does not say that lightly.



**Dr. Matt Silver M.D.**  
**Family Practice**

**It is no secret that Doctors make good money.** Laura Morsch of CareerBuilders.com, states in a May 2006 article, "According to the most recent information available from the Department of Labor's Bureau of Labor Statistics, medical occupations account for nine of the 10 highest-paying jobs in the nation. And 14 out of the top 20." **So it was kind of a surprise when Dr. Matt Silver walked away from his highly successful, 27 year family medical practice** to become a full time referral marketer for Goji Juice. It is an interesting story of how and why Dr. Mindell formed an association with a company to guarantee that the nutritional value of goji juice would never be compromised like so many other nutritional products from companies that just try to capitalize on the name of scientific discovery and not the quality or effectiveness. **Want to hear the story and find out why, not only health professionals, but entrepreneurs are looking to get on the ground floor of a great health discovery.**



**Dr. Ron Friedman**  
**M.D. Anesthesiologist**

**Dr. Ron Friedman**, an anesthesiologist in the San Francisco Bay area since 1977 only saw patients when they required surgery of some kind. He came to the conclusion that **our US healthcare system is exceptional in keeping very sick people alive, but has done little to prevent major illness or promote health.** He started doing Goji research with his patients. His astounding results are reported in The Doctor's Report. They range from symptomatic to systemic problems. He states, "**I also believe that goji juice could be the key to solving our number one health problem - Overweight people.** Goji Juice is critical to breaking the cycle of carbohydrate addiction and insulin resistance that leads to major health problems