



Patty Pancreas & Larry Liver

by Dr. Melissa Bennett, N.D.

My name is Dr. Melissa Bennett, and I am Naturopathic practitioner. I have dedicated my life to helping others make healthy choices, and I am part of Xooma's mission of "Changing the Health of a Generation." Through my private practice I have found that sometimes it is easier to understand how the body works if you can place it within the context of a fun story. For this edition of the HealthBeat, I decided to write a character story to explain how the body works, primarily focusing on the Pancreas and Liver. Then I share how Xooma's products can support these systems. I think the message will resonate with you, and also be something you can share with your children.



Patty Pancreas was hanging out behind **Larry Liver**, reminiscing about their childhood and the hopes and dreams they shared. Although they may never be as great as **King Henry the Heart**, both had abundant aspirations of becoming the best organs ever! They had become wonderful friends over the years and always stayed in touch. They could attribute their friendship to their close proximity, but they also knew they were dependent upon each other from the very beginning. This was true for all of the organs, each one strategically placed so they could perform the tasks they were assigned. They both remember the day they were conceived and how **Uva Uterus** – who was a little conceited because she got all the attention and considered herself 'all that' – made the big announcement that day.

"Attention! Attention! There has been a take-off and we have confirmed there is a landing! Yes, a baby is on the way, and all cells must get on deck to receive their life assignments." Many cells were forming and each one knew genetically what organ system they were going to create. **Larry Liver** and **Patty Pancreas** would be part of the endocrine system. It was an exciting time, life was anew, and all the organs were in tip-top shape with a life expectancy to reach at least 100 years.

Patty Pancreas really enjoyed her job. She was given an enormous supply of what she called her golden juice known as 'Insulin'. She was placed in charge of keeping those pesky blood sugars under control. She knew that constant fluctuations and elevations in blood glucose could create one of the bodies' most stressful conditions that was rarely mentioned among the endocrine system as 'Diabetes'. So she made sure she did her job exceptionally well!

Larry Liver felt he was one of the hardest-working organs in the body. He grew to perform hundreds of functions every day. His three main functions were to filter waste and poisons, process nutrients and store fuel such as glycogen. **Larry Liver** processed everything that the new baby ate or drank, and would repackage it for his body to use when needed. He was like a 'bouncer' in a local bar and would eliminate what the body did not need. In fact,

Larry's nickname from the other organs was 'The Eliminator', although through the intestinal line it was heard that **Randy Rectum** said this 'nickname' was stolen from him.



Larry Liver and **Patty Pancreas** lived a copasetic life. They were blessed that the parents of the human they were inhabiting made healthy choices. Every day the parents made sure their little Alan ate lots of fruits and vegetables and consumed healthy protein choices. They packed Alan's lunch daily, and at night they all sat around the dinner table to enjoy a healthy home-cooked meal. Alan spent plenty of time outside in the fresh air and was involved in lots of recreational activity that kept **King Henry the Heart** very happy.

Those truly were the days, and Alan grew to be a stunning young man.

Then, it happened – the most dreaded event that can happen to the endocrine system of a human child. Alan went to college! At first, **Patty Pancreas** kept up with her workload. But because Alan was no longer at home, his diet changed dramatically. He was constantly eating foods high in carbohydrates and sweets, and worse yet, at all hours of the day and night. Compounding this, Alan introduced energy drinks into his late-night study hours. The sugar content Alan was consuming was now 10 times that of a soda! This triggered **Patty Pancreas** to start tapping into her golden juice known as insulin, even though she knew the overproduction of insulin causes a rapid and drastic reduction in blood glucose. The side effect for Alan is that he often experienced drowsiness and fatigue. When this would happen, **Patty Pancreas** would have to release glucagon to help balance out the insulin. She would also have to call on her friend **Larry Liver** to convert stored glycogen into glucose. The low blood sugar also triggered her nearby neighbors who she sometimes considered antagonistic, **Mandy and Andy Adrenals**, to pump out more cortisol in order to stimulate more glucose. It turned into a vicious cycle. Fortunately, the human body was designed to handle these tasks.

Larry Liver also, did not get away free and clear. Being a liver, he was the only organ who was very satisfied knowing that he could regenerate, even if he had only 25% to 30% of himself remaining. Up to this point, Larry was 100%. That was before the Keg parties kicked in. Not only that, Alan became a champion Beer Pong Player! **Larry Liver** was literally drowning in alcohol, and bad news was heading back up the urethra from the **Kidney Twins**. They were also getting very stressed out, because they were working overtime to filter out and recirculate all of the 'garbage' Alan was consuming.



With all of this, Alan was not feeling well at all. He could barely stay awake in class and he noticed his stomach was always hurting. One day while he was sitting in class, a close friend gave Alan a little packet of **X20™** water sachets from a company called Xooma Worldwide. His friend explained that the **X20** could dramatically improve his body's hydration at the cellular level and that every sachet of **X20** contains calcium, magnesium, and over 70 trace minerals. These essential minerals (electrolytes) become ionic in water, allowing them to be absorbed quickly and easily by the body. Alan had heard about alkalinity in his science class, but was not aware that keeping

his body out of an acidic state could actually be beneficial for his health. His friend explained that Alkalinity = Good Health, and the **X20** transforms your water into a powerful alkalizing agent while creating numerous beneficial antioxidants. This radically reduces stress levels and slows the aging process caused by today's fast-paced lifestyle. His friend had also used X20 during college to keep him healthy.

Alan's friend was uber excited about the other product he gave him. It was called **Focus UP®**. His mom had sent him a



care package of **X20** and **FocusUP** because he often had times where focusing on his studies was difficult. She was also worried that the energy drinks would harm him and knew that Xooma Worldwide only carried high quality supplements without any artificial flavors or additives. He told Alan the **FocusUP** really helped him stay alert and focused and did not make him crash like those popular energy drinks! His friend also said he used the **X20** and **FocusUP** together, an awesome combination, especially during final exams. By using the **FocusUP**, he felt like he was exponentially more productive.

Alan was getting very excited about the concept of having energy again, and so were his organs! As soon as Alan started using the **X20** water, dramatic changes began happening inside his body. The **X20** water hydrated Alan and brought him out of his acidic state. His organs were so happy!

X20 was a major help to **Larry Liver** as well as the **Kidney Twins**, helping them filter out toxic waste. **Patty Pancreas** was so happy that the highly concentrated sugar energy drink was replaced with **FocusUP**, and that Alan's diet had started to change after he began drinking more **X20** water. As Alan's energy increased, he decided to join the soccer team at college. Although he had an occasional beer, he forfeited his reign as Beer Pong Champion. Alan loved finally feeling better and didn't want to give that up, especially since he was playing so well on the soccer team.



Needless to say, the start of college was a very difficult time for Alan's organ systems, but then the glorious day arrived when he started using Xooma's **X20** and **FocusUP**. After that, they all sailed through college to graduation! All the organ systems had their own celebration, knowing they had worked together as a team. They could help Alan feel better, inside and out, because Alan had created a solid foundation and started implementing good lifestyle choices. Along with proper hydration from **X20**, they were able to bounce back from the horrendous college life and become the best organs ever for the next 75 years!

Yours in Health,

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Dr. Melissa Bennett, ND is the owner of The Olive Leaf, LLC which is an integrated practice with two locations in Atlanta, Georgia. She is also the Naturopathic Consultant of New Vitality Medical Institute's age-management program.

Melissa Bennett, ND, CTN, CNW is Certified as a Traditional Naturopath through the American Naturopathic Certification Board. She is board certified in nutritional wellness and has completed her accreditation as a health partner in predictive medicine through Emory University. She is also a member of the American Association of Christian Counselors through Liberty University.

Dr. Bennett is a Certified Natural Health Practitioner and is skilled in the Zollinger method of reflexology from the Heal Center. A devotee of the science of blood type, she is an IfHI Master – earning her designation under the guidance of Dr. Peter D'Adamo. Melissa focuses on total wellness and prevention. Her mission is to help people achieve optimal health and Xooma's products help her fulfill that mission. Melissa personally recognizes that all aspects of health care serve a constructive purpose. In 2000 she was diagnosed with breast cancer on her 33rd birthday. She underwent two years of chemotherapy and 46 radiation treatments. In part from this experience, Melissa is an advocate of integrated healthcare and knows what it feels like to be sick and also the blessing of being healthy. She believes true health is achieved when your Spiritual, Emotional and Physical states are in harmony. She also believes our Lord is the true Healer and He will direct you if you place your trust under His guidance.