



MAY/JUNE 2015

XOONA™
HEALTH BEAT
YOUR HEALTH, YOUR CHOICE



Ellagic Acid

by Dr. Henriette Alban, ND

Let's talk antioxidants - let's talk ellagitannins

The effects of food-based antioxidants have been studied for the past 30 years. We had Pycnogenol from the Mediterranean tree bark, Resveratrol from red wine and dark grapes. And over time, all of the dark colored berries, native and tropical, from Elderberry to Acai and Goji were studied for their inherent qualities to reduce oxidative stress. This research yielded specific measures called ORAC (Oxidants Radical Absorbance Capacity) values. The higher the better was the verdict.



While we love the superlative hype given to single substances, we know better than to take more and we know and understand that such substances, naturally present in small amounts in whole foods, will give us what is needed. The difference is that when we're out of balance, we could benefit from greater amounts of such substances. We also know that no single substance is a cure-all and that it is best to employ a combined approach to getting well.



The holistic health field, with its diverse approach to healing and wellness, has always held a special place for foods that carry the power to promote wellbeing and to counter disease, even cancer. One stands out for a variety of reasons. The Meeker Raspberry from Washington state. This raspberry, which is mostly grown for the ellagic acid it so generously yields, delivers a powerhouse of ellagitannins.

Ellagitannins, contained in raspberry and in many other red and blue pigmented fruits and berries, are metabolized by our bodies into ellagic acid.

How effective is ellagic acid

In the 1990's the Hollings Cancer Center at the Medical University of South Carolina in Charleston, headed up by Dr. Daniel Nixon, conducted a nine-year research study on the properties of ellagic acid, which included a double blind study involving 500 cervical cancer patients. The results of using ellagic acid showed that this natural

substance stopped mitosis (cell division) of cancer cells within 48 - 72 hours and that it led to natural cancer cell death, known as apoptosis.

Ellagic acid is a naturally occurring polyphenolic found in 46 different fruits and nuts such as blackberries, raspberries, strawberries, and cranberries.

- *Contains very strong anti-oxidant compounds, called ellagitannins*
- *Functions as a potent anti-carcinogenic*
- *Used to prevent as well as treat a person with cancer*
- *Has the ability to inhibit mutations within a cell's DNA*
- *Increases specific enzymes in the liver to help detoxify the affected areas*
- *Works specifically on soft tissue cancers, such as breast, esophagus, skin, colon, prostate, pancreas, lung, as well as melanoma and leukemia*
- *Is considered a cancer inhibitor with the ability to cause cancer cell death - apoptosis*
- *Has antibacterial and anti-viral properties*
- *Acts as a scavenger to "bind" cancer-causing chemicals, making them inactive*
- *Inhibits the ability of other chemicals to cause mutations in bacteria*

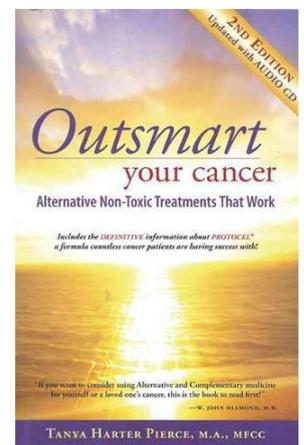
The findings were so exciting, some tried to squelch them

These astounding discoveries by a renowned institution excited the people, and the sales for ellagic acid soared. Everyone's hope for a natural cure surged. Hopefuls bought lots of this product for prevention and for treatment. The American Cancer Society (ACS) had in fact endorsed the study's results, citing ellagic acid as the power house cancer fighter it showed it was.

It didn't go well for long, though. I remember the backlash that happened very quickly. The ACS withdrew their endorsement and threatened legal consequences to anyone using it for the sale of their natural product. Actual cease and desist claims were filed against a number of companies. It doesn't take much imagination to figure out that certain interests were challenged.

Meanwhile, this only strengthened ellagic acid; people believed this was indeed excellent acknowledgement of how well this studied substance worked. Further proof was offered by those whose cancers went into remission on the strength of ellagic acid. These were the empirical stories we used to hear during that time. There is no proof that I can offer beyond the hearsays.

In the book "Outsmart Your Cancer" by Tanya Harter Pierce, I found additional information on ellagic acid. "For people who already had cancer, less than 40 mg per day proved to only slow the growth of cancer in the cervix, colon, breast, pancreas, prostate and esophagus. Higher amounts than that were able to induce normal cell death in cancer cells (apoptosis)."



A number of other studies have supported Dr. Nixon's research and also shown ellagic acid to be effective against lung cancer as well as melanoma and leukemia. It is important to know that ellagic acid is able to eliminate the toxins from cell death by helping the liver raise its enzymatic activity.

The ellagic acid from Xooma follows the study's results in that each 5 capsules taken daily contain 800 mg of raspberry seed flour with raspberry fruit extract yielding 40 mg of ellagitannins that were studied at Hollings for their beneficial results. See comments below for increased intake.

To have this natural weapon to defend our DNA from getting compromised is life-saving. While there are many good natural substances to help us, this very specific quality source of ellagitannins is definitely a vital part of any cancer therapy. Ellagic acid is a helpful and entirely safe way to help people with the threat of cancer to strongly improve their chances of regaining health.

For those with cancer, it must be understood clearly that ellagic acid is always only a part of a much larger protocol to counter the overgrowth of cancer cells in the body. It's a very helpful part and in order for it to do its best work, we must reduce all animal foods from the diet, with the exception of honey perhaps, or the occasional wild caught fresh salmon as an Omega 3 source. Remember that if you are in greater need, you may have to increase this dosage. Please speak to your healthcare practitioner about this.

Our lifestyle and environment – periodic assessment of supplements

A change in lifestyle, by necessity, must include a different diet, additional supplements as well as include monthly or more frequent gentle and more rigorous cleansing and detoxification regimens. These could include liver/gall bladder cleanses, kidney and intestinal cleanses, assuring the body that elimination channels are open so all manner of waste produced by the cleanse is easily eliminated.

We are all surrounded by bacteria, viri, fungi and more. One of the reasons we fare relatively well is that our own friendly bacteria are much larger than the ones that would challenge our wellbeing. So it's easy for them to shove the others aside, gobble them up, kill them or whatever that process involves, and keep the balance of a healthy and stable body, that it's used to, in a high level of homeostasis.

Incorporating Xooma's Ellagic Acid



It is of the essence that the waste produced by such a cleanse and the continuous effort to return to homeostasis is an ongoing process. For those who are already affected by pre-cancerous growths and for those whose cancers are established, the Ellagic Acid product combined with other Xooma products and recommendations is a must. Again, consult those who advise you, but do your own careful research as well.

As always, listen to your body and your gut feelings. Even if you choose to have conventional therapies, Ellagic Acid can help with elimination of cancer cells and help stop the spread.

Definitely prevention

Since this is not a talk about cancer, let's take a look at the preventive options Xooma's Ellagic Acid offers us for prevention.

Throughout life, our body makes an enormous effort to serve us, to be the best support it can be to whatever it is we aspire to do. This service requires compensation, which occurs naturally and without our asking or having to think much about it. We tend to take it for granted that we breathe, that our bodies know how to digest the foods we eat, even when we know that it protests at times. We count on it to keep doing its best. Well, not always, as we know. When we get sick, when we feel weakened, when we have sudden pains or a diagnosis we didn't expect, it's high time to listen, learn and ease up on previous habits and lifestyle. Assessment time is taking stock of what's important.

While Xooma's Ellagic Acid is a great help, it's but a band-aid on the wound so we don't keep hitting it and making it bloody over and over again. While the amount of ellagitannins in this product is the same as in the Hollings study - preventing further cell mutation and causing natural cell death (apoptosis) of cancerous cells - I would say that if it were my body I would take double and triple the dosage. Yes, it might cause some discomfort as the toxins and dead cancer cells float around in the blood stream before being safely eliminated, but I would rather have some discomfort knowing that I'm eliminating the waste that would otherwise lead to greater concentrations of disease and illness. Plenty of Vitamin C would help with the elimination. Since toxins are stored in the lymph system, dry skin brushing, the regular use of a rebounder (mini trampoline, I like the brand Needak) and manual lymph drainage massages are highly recommended.

As far as movement, walking is fine. I'm not asking for anything aerobic; walking is a more gentle approach. But if you play tennis and/or golf, swim and love what you do, keep it up and keep it going. Again, listen to your body. Be careful to not overdo it. Just do something every day.

Xooma's **X2O** product also plays a huge role. It is essential for hydration, absorption of nutrients and elimination of toxins. You can use two sachets in 10 ounces of water, drink, refill once more, and then again. I also recommend taking **Assimilator** between meals to eliminate protein waste and use **Omega 3/75** to curb inflammation while also supporting the immune system.



Universal truth

Anytime we seek to understand someone's disease, we find that the digestive tract has had the greatest impact on an overall reduced and compromised condition of the body. Autopsies show us that people at their death carry anywhere from 5 - 25 pounds of old fecal matter, often hardened and dried rubber-like deposits (looking like shredded tire) in their intestines. Since such autopsy results have been ongoing for decades, it bears witness that

the cause of all disease truly is in the colon. A dirty digestive tract filled with waste is not a pretty picture at any age and is a certain contributor to weakness and disease.

Here's a suggestion: If you find you have funny poop, don't be frightened. At least it was ready to be moved out. When we change our lifestyle and increase fiber (ideally 35 - 45 mg a day), things may change and can look alarming. Take it in stride and celebrate that at least it's not in you anymore. Toxins and undigested matter are the breeding grounds for disease.

When our inner terrain is dirty and the body has been compromised for too long, that means we haven't heeded its cries for many things, including: proper hydration and mineralization, healthy and life-giving nutrients, and foods that nourish versus foods that cost the body lots of its native energy. We have weakened its resistance to disease, and as a result are suffering the effects of a natural biological 'clean-up', with a host of opportunistic pathogens.

Disease is not our enemy and illness is not there to punish us. They are the body's last resort to restore order. When ill health has progressed to the extent that we are in constant discomfort and have discovered through modern tools of medicine just how bad it is, the solutions can be uncomfortable. They include removing organs all too often and undergoing chemical treatments that leave the body further diminished and weakened.

Health challenges offer a brilliant time of awakening, both inside and out, and help us to regain the control and education needed to make better health choices.

Cleansing the digestive tract



In order to cleanse and balance your body, a great solution is juicing. It's important to take time for juicing, and if you have a really good blender (VitaMix or BlendTeq) to drink liquefied veggies and fruits with their fiber intact. Remember fruits are the cleaners and vegetables are the builder. Bananas, while filling, are a carbohydrate and should not be eaten at this time. If a filler is what you want, instead add chia seeds to your juices or smoothies. And why not open up the ellagic acid capsules and use them in 8 ounces of water, sprinkle them on your oatmeal or mix in your smoothies. That's the time to include 2 - 3 capsules of opened Adult Superfood.

Make sure you blend your smoothie first, so as to totally hydrate the powders and only then add your other ingredients. You might try adding some soaked dried, unsulphured apricots or figs (organic) to the smoothie for sweetness or use a soaked date. Another tasty addition is using a bit of almond milk or coconut milk to round out your smoothie. There are lots of great combinations, so enjoy experimenting!

Incorporating Ellagic Acid

Taking Xooma's Ellagic Acid as a preventive measure and for a healthy body, I would recommend taking it at the normal dosage of 5 capsules a day for one week. If there is some discomfort, stay at this level or reduce by one capsule, and stay this course for the next week. If there is no effect, take 8 capsules a day and see how that works for you for another week. If there is a difference, stay at this dosage for the third week. And again, if there is no difference, double the dosage to 10 capsules a day and see if that makes a difference. If yes, you have found your dosage. From there play with your own comfort.

Remember you can't go wrong with Xooma's Ellagic Acid. It is a natural substance, a powerful one, but not dangerous. Your body's response to it could be in direct relationship to the amount of toxins it fights. The elimination of such toxins is what can cause discomfort. Learn how well your body eliminates waste product, and once you feel clearer, go back to taking 5 capsules of Ellagic Acid a day for maintenance.

Thank you and to your good health,
Henriette Alban, ND

***Please note:** This information is for educational purposes only and represents the personal views and experiences of the author. These statements have not been evaluated by the Food and Drug Administration, nor is this information intended to diagnose, treat, cure or prevent any disease.*



Born and raised in Switzerland by health conscious parents, Dr. Henriette Alban, ND grew up using natural ways to achieve and maintain well-being. Building on this foundation from her youth, Henriette moved to New York City where she studied and received certifications in Shiatsu and Swedish massage therapy, as well as digestive and colon health therapies. She also became a researcher in vitamins, nutrition and hormone health – all of which was very helpful after she gave birth to a beautiful son whose allergies led to life-threatening asthma. While watching the ineffectiveness of the medical system in healing her son, she intensified her studies of the holistic field to avert the awful effects of asthma. Founding a group for parents of asthmatic children in NYC, she brought in experts in the field and offered much needed nutritional advice to parents who were challenged by how to take care of their asthmatic children.

Combining her 20 years of studies, Henriette Alban pursued and was awarded a Diploma of Doctor of Naturopathy from the Trinity School of Natural Health in 1997. The same year she opened her private practice in Maryland, with the intent of helping people in the community to eat better and learn how to heal themselves and their families. Almost immediately she began holding classes, lectures, and workshops. Thus, she brought to reality her desire to be a beneficial presence in the world. Henriette, now in Reading, PA opened her practice Living in Balance in 2004.

As part of Xooma's Advisory Board, Dr. Alban brings years of experience and a variety of modalities to support her work in helping others create positive changes in their health and their lives. This is coupled by a strong sense of quality and integrity in formulations and a desire to assist Xooma in making products as pure and effective as possible.