

Chit-O-Gram

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Source International, Inc. www.chitopower.com

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Putting the "Hex" on Herx Reactions

"I began using Chit-O-Power at the recommendation of a friend with chronic Lyme. She told me that it completely wiped out her Neuro-Lyme symptoms, as well as most fatigue/muscle cramping symptoms. She required a higher dose to achieve this (4-6 capsules per day). I bought the product and got the same astounding symptom relief. The product does not kill spirochetes, but it does an EXCELLENT job of moping up the neurotoxins and toning down herx reactions."

Bryan

Did You Know!...

One old disease is emerging as a new threat: Dengue virus. Dengue, spread by mosquitoes, has been around for a long time. Now several types of dengue virus circulate in the same tropical regions. That is a problem. A person who has had one kind of dengue can get a much more serious disease -- dengue hemorrhagic fever -- if infected with a second kind of dengue.

"Dengue is always a concern," Dr. Ksiazek of the CDC admits. "We have gone from a situation where in the late 50s; the mosquito that carries dengue was under control. That ended in the late 60s or early 70s. Now dengue hemorrhagic fever has appeared. Initially it was in Southeast Asia, now it has jumped into the Americas and into other parts of Asia. It is something that CDC ... [is] watching closely."

THREE CONVENIENT SIZES:

- 100 MG (30 CAPSULES / 3GRAMS)
- 250 MG (30 CAPSULES / 7.5 GRAMS)
- 500 MG (60 CAPSULES / 30 GRAMS)

(SEE YOUR DEALER FOR DETAILS)

Lyme disease Update

By [Liza Jane Maltin](#) *Reviewed*
WebMD Feature By [Gary Vogin, MD](#)

March 22, 2002 -- We have all been taught to keep an eye out for a bull's-eye shaped rash, because it is the first sign of Lyme disease. However, new research shows that this is not always the case.

Lyme disease is quite common in the United States. It is carried and transmitted to humans by the ticks that live on mice and deer. Although it is generally easy to clear up the tick-borne infection with a course of antibiotics, Lyme disease can lead to serious, lingering complications if unidentified and left untreated.

Researchers examined 118 people who came down with Lyme disease while enrolled in a large-scale, multicenter trial of a new vaccine. All of them had a rash announcing their infection. However, interestingly, the rash was usually not in a typical bull's-eye pattern of a clear central area ringed with red. Instead, most people had an entirely red rash, or a red rash with an even redder center. The researchers believe it takes a while for the bull's-eye appearance to develop.

About a third of the infected people complained of flu-like symptoms including low-grade fever, headache, muscle aches, neck stiffness, and fatigue. Most sought treatment within three days of infection, and nearly all were completely cured by a course of antibiotics.

The researchers say that rather than looking for a bull's-eye type of rash, people who live in areas where Lyme disease is present or those who spend time outdoors should report any suspicious or unexplained red rash to their doctor as soon as possible.

In the U.S., Lyme disease is most prevalent along the East Coast, in Wisconsin and Minnesota, and in northern California.

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5 LIFESTYLE CHANGES that will help protect your immune system:

- washing your hands often
- getting enough sleep
- working plenty of physical activity into your day
- reducing stress
- and last but not least: eating a healthy diet with the right nutrients

Which Nutrients Are We Talking About?

Vitamin B-6 -- poultry, lean meats, fish, nuts and seeds, and fruits (bananas, avocados, mangos, prune juice, and grapes)

Folic acid -- beans, nuts, all types of dark-green vegetables, and many fruits (orange juice, papaya, banana, mango, kiwi, cantaloupe, and berries). Folic acid-fortified rice, pasta and breads, baked goods, and breakfast cereals are also now excellent sources.

Vitamin C -- Citrus fruits, papaya, strawberries, kiwi, cantaloupe, mango, red peppers, broccoli, brussels sprouts, cauliflower, cabbage, dark-green vegetables of all kinds, tomatoes, and potatoes.

Vitamin A -- All dark-green vegetables and yellow-orange vegetables and fruits are excellent sources of carotenoid forms of vitamin A.

Vitamin E -- wheat germ oil, peanuts, almonds, cod liver oil, soybean oil, canola oil, wheat germ, other nuts, selected fruits and vegetables (mango, Swiss chard, papaya, pumpkin, prunes, grapes, broccoli, spinach, pear, blueberries)

Zinc -- beef, poultry, seafood, nuts and seeds, whole grain breads and cereals, tofu, beans, and milk.

Iron -- shellfish (clams and oysters), pistachios, lean beef, dried beans and peas, eggs, nuts and seeds, dark chicken/turkey meat, dark molasses, prune juice, breads and pasta, and green vegetables.

Selenium -- Brazil nuts, oysters, claims, lean pork and ham, whole grain and regular pasta, chicken and turkey, sunflower seeds, lean beef, breads, oatmeal, soy nuts, eggs, nuts and seeds, and low-fat dairy products.

Last but Not Least, a Tablespoon a Day of Flaxseed

Flaxseed, in addition to offering the body a long list of potential health benefits, delivers a one-two punch to germs and bacterial bad guys. This centuries' old seed contains two substances that help the immune system:

- Punch 1 -- plant omega-3 fatty acids (alpha-linolenic acid) boost the body's ability to defend it successfully against foreign substances.
- Punch 2 -- phytoestrogens (plant estrogens) called lignans influence certain mediators or helpers of the immune response.

