



Dr. William Kellas, Founder
Center For Advanced
Medicine

The Doctor Answers Your Questions:

What is RiSoTriene™?

RiSoTriene™ is the result of a specialized processing of rice concentrates and extracts. It's a superfood that provides the most nutrient-dense complex available. It has 90 potent antioxidants, including tocotrienols, which have been found to be six thousand times more effective than vitamin E. RiSoTriene™ includes Vitamins A, C, D, E, B1, B2, B3, B6, B12, & K. It also has folic acid, choline, inositol, biotin, calcium, magnesium, potassium, phosphorus, iron, zinc, manganese, copper, iodine, chloride, sodium, chromium, selenium, CoQ10, tocopherols, tocotrienols, xanthophylls, lutein, lycopene, oryzanol, b-sistosterol, ferulic acid flavonoids, glutathione, lipoic acid and many other as yet unidentified compounds.

It also contains the amino acids lysine, histidine, agrinine, serine, proline, valine, isoleucine, aspartic acid, tryptophan, glycine, cystine, leucine, ammonia, threonine, glutamic acid, alanine, methionine, tyrosine, & phenylalanine.

The product is yeast-free, starch-free, gluten-free and sugar-free, and its arsenal of antioxi-

dants and fatty acids is designed to boost energy and stamina and help regulate blood sugar.

How long will it take before I notice a difference?

Most people will notice a difference the first time they take it; however, everyone's body is different and we cannot predict how long it will take your body to respond. A good rule of thumb is this: it takes a minimum of 3-4 months to change your blood cells. When starting any nutritional program allow at least this length of time to give a product a chance to work in your body.

How much do I need to take?

Minimum dosage is 2 Tablespoons a day. Depending upon your own health situation you may take more or less than that.

Can I take this with other medications?

Can you eat brown rice with other medications? The answer is yes, absolutely!

Why hasn't my doctor told me about RiSoTriene?

Medical doctors are given about 3 hours of training regarding nutrition. They are also inundated with information on the latest pharmaceutical drugs. It is almost impossible to keep up with all the latest advancements being made in nutritional health care.

"Science" from page 1...

In fact, it is believed that RiSoTriene™ is the most bioavailable whole food on earth.

Why Do You Need It?

RiSoTriene™ is one of the most potent sources of phytochemicals of any food. It contains all of the vitamins, minerals and other nutrients needed to help fight disease, aging and to help promote health. According to research and clinical studies conducted at the University of Wisconsin, it contains compounds which dramatically reduce harmful cholesterol levels (LDL), while increasing the good cholesterol (HDL) required for a healthy coronary artery system.

Certain antioxidants that are present in RiSoTriene™ have been documented to support the slowing of the aging process and to battle free radicals that are linked to degenerative conditions. Antioxidant supplements work by boosting the immune system to help fight off free radical damage. Free radical damage is caused by oxidation within the cells; antioxidants neutralize the damage of oxidation.

For example, the power of tocopherols has a positive effect on cholesterol levels. These antioxidants boost the body's ability to regenerate itself while bolstering its energy and stamina. Their ability to help regulate blood sugar levels may prove helpful to diabetics and others who suffer from hypoglycemia.

What Happens when People Take Antioxidants?

National Institute on Aging researchers recently discovered that taking antioxidants cut the death risk from any cause in half among ten thousand elderly persons, ages 67 to 105. Further, the elderly vitamin takers had only one-third as many heart disease deaths as non-vitamin takers.

In a 1993 National Cancer Institute study of nearly thirty thousand people over age forty, antioxidant supplements slashed cancer and cancer deaths by over 13 percent. Cancer survival rates increased 50 percent! Heart attacks, bypass surgery, cardiac deaths and strokes were dramatically reduced in a long term double blind study conducted at Harvard University.

According to a study at the New Jersey Medical School, a supplemental dose of antioxidant vitamins brought immunity up and infections down by fifty percent in older healthy people.

RiSoTriene™ is:

a powerful source of vitamins, nutrients, protein and fiber. It contains a newly discovered complex of Vitamin E and tocotrienols as well as tocopherol, which is the compound generally called Vitamin E. The tocotrienol compounds are 40 to 6000 times more potent than alpha-tocopherol as antioxidants. This makes the anti-inflammatory properties inherent to Vitamin E even more powerful for those suffering with any type of chronic pain disorder. It contains superior forms of B Complex vitamins, which are crucial for energy metabolism, along with 90 extremely powerful antioxidant vitamins. When these potent antioxidant vitamins are combined they have a synergistic effect and together are up to 100 times more powerful than pycnogenols or grape seed extract.

Lipoic Acid is a powerful compound for producing energy in muscles and is an important link in the vital antioxidant network. It is an essential key that unlocks energy from the food we eat. This energy is available for everything we need to do.

Lipoic acid normalizes blood sugar levels and reduces glycation. Glycation is the damage done to the body by excess sugar. Glycation leads to accelerated aging, heart disease and diabetes complications. It has been used for nearly thirty years to treat neuropathy, help regulate blood sugar and prevent diabetic cardiopathy and retinopathy. Lipoic acid protects the nervous system and may be involved in the regeneration of nerves.

For decades, lipoic acid has been used to protect the liver and to detoxify the body of heavy metal pollutants such as cadmium, lead, mercury and excessive iron and copper. According to Dr. Richard A. Passwater, Ph.D., one of the most exciting recent developments is that lipoic acid appears to help slow the progression of HIV infection to clinical AIDS.

Known as the metabolic antioxidant, lipoic acid regenerates other antioxidants. Antioxidants help protect the body against the damage that can cause heart disease, cancer, aging, strokes, arthritis, cataracts and most degenerative diseases. Lipoic acid increases the efficiency of Vitamins C & E, glutathione and improves metabolism. When the body is deficient in lipoic acid, other antioxidants do not net-

work properly together. Lipoic acid is a coenzyme that is involved in energy production and is a universal antioxidant that directly and indirectly helps protect every body part from the damage of oxidative stress.

RiSoTriene™ has all **Essential Fatty Acids**, great for skin disorders such as eczema or psoriasis; absolutely necessary for normal function and development of the brain. Deficiency of EFA'S leads to an impaired ability to learn and recall information.

It contains all **Essential Amino Acids**. Amino acids act as precursors to neurotransmitters. They are necessary in order for the brain to receive and send messages. Amino acids enable vitamins and minerals to perform their jobs properly. High Potency **Antioxidant Enzymes** aid in tissue growth and repair, development of nerve cells, and proper metabolic functioning. Enzymes help prevent digestive problems. Enzymes are essential and play a role in virtually all body functions- life could not be sustained without enzymes.

CoEnzyme Q10 is a powerful antioxidant; it activates beta receptor cells which allow the body to recognize the insulin it produces, protects the brain from free radical damage, helps reduce clogged arteries of the heart and is beneficial for heart disease. It is a vitamin-like substance that resembles vitamin E, but may be an even more powerful antioxidant. It declines naturally in the body as we age and needs to be supplemented. The New England Institute reports that

Thyroid, Menopause, Stress and Hormones

RiSoTriene™ provides balance for overstressed hormone levels

Gamma Oryzanol, found in RiSoTriene™, can be as effective as several drugs in reducing the symptoms of stress and hormone imbalances without side effects. Headaches, low back pain, fatigue, dizziness, hot flashes, dry skin, mood swings and other autonomic nervous system problems have been clinically shown to have marked improvement after only a few weeks of proper and consistent use. Gamma Oryzanol specifically targets the TSH (thyroid stimulating hormone) in hypothyroid patients.

CoEnzyme Q10 alone is extremely effective at reducing mortality in people affected with tumors and leukemia. It has the ability to counter histamine and is valuable to allergy and asthma sufferers. It is beneficial in aging, obesity, candidiasis, multiple sclerosis, periodontal disease and diabetes. Because of its immense effect on boosting the immune system, AIDs is a primary target for research.

Phytosterols are natural phytonutrients which

Why can't I just eat brown rice?

Brown rice has had the 'germ' and/or the 'bran' removed before we get it. In this coating of the seed of rice are found a whole host of wonderful nutrients. It takes 30 lbs of rice bran to make one cannister of RiSoTriene™. You would have to eat several bushels of brown rice to equal the nutritional value in 2 Tablespoons of RiSoTriene™.

What is the difference between rice bran at the health food store and RiSoTriene™?

Most rice bran found at the health food store has had heat or chemical applied in processing in order to stabilize it. This destroys most of the nutritional value, leaving you with a good source of fiber but little else. RiSoTriene™ is grown organically, pesticide free rice bran, stabilized and concentrated using a patented mechanical extrusion process-not heat or chemical.

How do I take RiSoTriene™?

RiSoTriene™ is a granulated powder with a sweet nutty flavor. It can be mixed in practically anything, from yogurt and oatmeal to juice, water, smoothies or protein drinks. Many people enjoy it directly out of the cannister on a spoon.

Is RiSoTriene™ Safe?

You may wonder, as many of my patients do, if RiSoTriene™ is safe, or if you should ask a

help to modulate hormone levels. At any age, hormones are involved in nearly all our bodily functions. They carry messages to cells all over the body, influencing activities such as growth, metabolism, cholesterol transport, bone building and sexual development. Phytosterols are natural plant compounds that are converted into hormones during the normal digestive process.

A healthy cell knows precisely how to grow, when to divide and when to stop. But if the genetic information within the cell is injured or altered, the cell may begin to behave erratically. This often leads to cancers and tumors, which can grow malignant and spread throughout the body. Researchers have discovered that phytosterols may help manipulate the hormonal environment in a favorable way, and by doing so, may help prevent hormone related cellular changes from occurring.

Glutathione and **Glutathione Peroxidase** are high detoxifiers of free radicals and are critical for overall health maintenance. Known as the 'triple threat' amino acid, glutathione is found in the cells of nearly all living organisms on earth, and its primary job is waste disposal.

When free radicals are lurking about, threatening to start an oxidation reaction, Glutathione catches them, neutralizes them, passes them on to another antioxidant (such as vitamin E) and begins the cycle anew. In the liver, this powerful amino acid latches onto toxic substances and binds to them, so the liver can excrete them without being damaged. It also prevents healthy red blood cells from being damaged by neutralizing unstable forms of oxygen.

We could not possibly survive without this powerful antioxidant. It plays an important role in fighting cancer, stabilizing blood sugar

*RiSoTriene™
is the most
nutrient dense
food ever
discovered.
Isolated
vitamins
don't work!
Your body is
alive; feed it
with LIVE
nutrients!*



and cellular repair after a stroke. It is the front line defense for preventing oxidation of LDL cholesterol, which damages the arteries. It protects the lymphatic system and the digestive system from an overload of unstable fatty molecules. It maintains the integrity of red blood cells and prevents damage to them. An important study done in Germany indicated that raising glutathione levels will increase T-cells, a prime marker of a good immune system function and crucial to those infected with HIV.

In addition to the above benefits, glutathione is useful in modulating blood sugar in diabetics and in boosting performance in athletes. It stops or slows down macular degeneration which causes vision loss and cataracts.

Glutathione is depleted by natural aging. It is also depleted by chronic diseases such as cancer and arthritis; overexposure to pesticides; pharmaceutical drugs that stress the

doctor before taking it. My response typically comes in the form of a few questions of my own. Do you ask your doctor if you can have a Snickers bar? Why would you need to ask your doctor if you can have some whole-grain rice? RiSoTriene™ is a food-a complete food-safer than any other product on the market. It's a benefit to everyone.

FOR DIABETIC USAGE

When should RiSoTriene™ be taken to level blood sugars?

RiSoTriene™ should be taken with every meal- before, during or right after. All diabetics are different and must find what works best for their own body. 1 teaspoon 6 times a day is a beginning standard, or 2 teaspoons 3 times a day. It can also be extremely beneficial to take a teaspoon in the middle of the night if the diabetic is awake at that time.

When should I test my blood sugar?

The optimal time to check the blood sugar is in the morning before eating. If it is desirable to check it during the day, wait at least 2-3 hours after eating to test it. This is necessary to eliminate the effects of the meal from the effects of the RiSoTriene™.

Kids, Sports and RiSoTriene™ Equals a Perfect Match!

Kendra Anyan is an up and coming soccer star who discovered last summer a great way to run circles around her opponents. During a string of particularly early morning games in which it is hard to eat breakfast first, Kendra began drinking a smoothie made with a banana and RiSoTriene™-- what a difference! She noticed a definite energy boost and as the game went on her stamina and endurance levels stayed high. She has her eye on the Olympics and with the help of RiSoTriene™, she's sure to make it!



liver (acetaminophen) and aspirin; vitamin and mineral deficiency and birth control pills.

Gamma Oryzanol has extremely positive effects on blood lipids and metabolism. It is a natural replacement for anabolic steroids and helps build muscle. It also has extremely beneficial effects on hormone imbalances associated with PMS or Menopause.

These nutrients flow through your body in a surge of regeneration moments after they are ingested.

Diabetic Neuropathy

Carol Barrickman, Cherry Valley, IL --About 35 years ago my dad lost about 20 pounds in one month and was diagnosed with having diabetic neuropathy. He is also a borderline diabetic. As time passed he had lost circulation in both legs. When he became so weak and in such pain we researched and had him start taking several isolated vitamins and minerals for diabetics. He developed a large ulcerated wound on his upper ankle that eventually needed a skin graft. With the help of compressions boots, his wounds slowly healed but then without the boots the wounds would soon return. He was in extreme pain. The first part of this year one of the wounds became infected with staff. He was placed on an antibiotic for a few months along with a very strong pain killer. He was becoming a candidate for bilateral amputation from the knees down. Even with the medication and boots the wounds did not heal and his legs became deep reddish-purple with purple toes, and basically had the look and texture of beef jerky (if you can imagine). A friend received a paper on diabetes that had an article about the stabilization of blood sugar that fascinated her. She decided to try it for the nutritional value and thought it could help my dad. He had nothing to lose and all to gain by trying it. He was failing fast. In February of this year he started taking the RiSoTriene. The next trip to the doctor in April his legs had improved so much he no longer needed the boots. His skin color is returning, he has feeling back, no more sores and gets around much better. What a wonderful improvement in quality of life. We continue to see improvements all the time and will never be without the RiSoTriene.

**IT TAKES 30 POUNDS OF RICE BRAN TO MAKE
ONE 360 GRAM CANNISTER OF RISOTRIENE™**