



PRODUCT REPORT

Perfect Start System



LIVING IN A 21st CENTURY, TOXIC WORLD

So we're living in the 21st Century. We no longer have to hunt and gather our food. We don't have to grow it ourselves. In fact, it's hard to travel anywhere in the United States without seeing offerings of food and beverages everywhere we turn – double tall lattes, triple bacon cheeseburgers, foot-long, super-sized everything, from sandwiches to soft drinks, from anywhere in the world.

Even preparing food at home has become a matter of mere moments, leaving far back in the shadows those days of slaving for hours over a hot stove. Instant, quick, magic – these have become a part of the vocabulary of American cuisine. Just add water. Boil for 3 minutes. Microwave on High for a minute and a half. Ready-to-Eat.

It's called convenience, baby, and it's extremely, well, convenient. The pressure is off. Check "figuring out how to feed myself and my family" off your list of things to do.

So why are nearly 100 million Americans suffering from digestive disorders? And why are more than 125 million Americans experiencing at least one chronic condition related to toxic poisoning?

Well, one of the downsides of creating and living in this extremely convenient modern world of ours is all the toxic by-products of processing and production. Those convenient foods are mostly stripped of their natural nutritional value by the very processes that make them convenient. The by-products of the processing and production enter our water system, polluting the water we drink and bathe in. Even the very air we breathe is full of poisons from car exhaust, industrial exhaust, and the general exhalation of a vibrant, modern civilization.

Let's face it. We're living in a toxic world. Common signs of body toxicity include such things as headache, fatigue,

mucous abnormalities, aches and pains, digestive problems, rashes, nervousness, bad breath, mood disorders, and even increased sensitivity to perfume and fabrics. And the more serious impacts of this increased toxic exposure include cancer, circulatory disease, and a host of other chronic and acute illnesses that can lead to disability and death.

MAKING MATTERS WORSE

Heavily processed foods, hormones and hormone-like substances used in livestock production, pesticides used in agriculture, industrial waste, trans-fats, polluted water – all of these factors contribute to our general overall toxicity. But what many

people are not aware of is the fact that our bodies themselves produce toxins just by the very act of living, breathing, and digesting. And while metabolic wastes are a natural part of our bodily functions, they are toxic nonetheless.

But toxins in the environment and food chain, as well as those produced as a part of metabolism are not the only culprits. Intestinal worms and parasites, along with those found in the blood, liver and lungs, are becoming an increasingly large health issue in recent years. Our increasingly mobile and transient society is partly to blame. Not only are more and more people traveling to countries throughout the world for business and pleasure, but there is also a large wave of immigration. Intestinal worms and other parasites are often commonplace in countries outside our own.

Parasites in their larval stage are consumed in uncooked or undercooked meat and seafood, or on unwashed fresh fruits and vegetables. Because these are some of the primary vectors for parasites, food handlers are often inadvertently responsible for the rising numbers of infestation, as many of them can be recent immigrants from countries where parasitic infestation rates are significant.

THE NUMBERS

- Colon-rectal cancer is the number one cancer among men and women together.
- The average American is exposed to 50,000 chemical agents in his or her lifetime.
- Each year more than 25 million Americans are affected by liver and gallbladder diseases and more than 25,000 die of cirrhosis.
- During a normal human lifetime, some 60 tons of food will pass through the gastrointestinal system.

DON'T ABANDON HOPE YET!

It's true we face a barrage of toxicity every day we go out into the world (or even if we stay at home!), but what keeps this from being a totally losing battle is that we have been equipped with an amazing arsenal of weapons. Many of our body systems and organs function to protect us from the toxicities in and around us. In particular, the liver, blood, and digestive system play huge roles in this defense, working together to keep us healthy.

The liver weighs about four pounds and plays a crucial role in many body processes, including digestion, processing of absorbed nutrients, regulation of metabolism, and, perhaps most importantly for our discussion, inactivation of toxins and removal of their residues from the body.

As the final portion of our digestive system, the colon functions as the body's waste treatment and elimination plant. The colon compacts the digested food remains, absorbs water from it, and takes in the B vitamins produced by healthy intestinal bacteria. In order to do its job properly, the colon must keep the digested food moving through it at a fairly fast clip. When the food does not move quickly, it basically sits in the colon and rots – in short, begins to create a toxic situation there. On top of that, cancer-provoking substances intended for elimination can wreak their havoc on the cells lining the colon if they sit there in prolonged contact.

STARTING OFF ON THE RIGHT FOOT

As we start out on a new path toward optimal health, it's necessary to get things moving, clean everything out, then balance the body to ensure proper functioning. What we need is a good way to begin. ScalarCore International's Perfect Start program is just that – a great way to begin the journey to good health, the natural way. It's a program designed to cleanse the digestive system, liver, and blood, while at the same time promoting healthy structure and function in their tissues.

Colon Activator

A healthy colon is an active colon. Yet constipation is one of the most common gastrointestinal complaints in the U.S. today. Increased dietary fiber is certainly helpful in eliminating occasional constipation. However, studies have shown that fiber alone is not enough to help many of those dealing with chronic constipation. And everyone who has suffered from constipation knows its adverse effects on our bodies.

The stool is made up mostly of the body's waste, and that waste contains toxins – even carcinogens – that are both a product of daily digestive processes and part and parcel of the air, water, and overprocessed food we daily take into our bodies. Constipation means the retained stool is in contact with the colon walls for longer periods of time, allowing the toxins to build up and be reabsorbed by the body. It's not a good situation.

The only solution is to try to get things moving – and keep them moving – again. The ingredients in Colon Activator can help make that happen. Plus, they can help soothe and cleanse the mucous membranes of the digestive tract. Cascara Sagrada has natural laxative effects. Cape Aloe soothes the intestines. And Colon Activator's other main ingredients – Fennel, African Bird Pepper, Ginger Root, Barberry Rootbark, and Senna help stimulate the digestive tract, ease gas and cramps, and facilitate metabolism.

Detoxal 21

It's unpleasant to think about, but experts estimate that up to 85% of Americans are infected with parasites – worms and protozoa. By definition, yeasts (like Candida) and the harmful bacteria can also be considered parasites, so everyone has them. Worms, protozoa and yeasts are difficult to detect, and the problems they cause are frequently dealt with ineffectively.

Detoxal 21 gives your body the assistance it needs to eliminate parasites of all kinds. It incorporates extracts of classic vermicide (parasite killing) and vermifuge (parasite expelling) herbs – Black Walnut green hull, Wormwood, Clove and Gentian root. Detoxal 21 also provides two of the most powerful natural antimicrobials known – patented stabilized allicin (Garlic extract) and Grapefruit seed extract. These extracts are effective against all types of harmful organisms – worms, protozoa, yeasts, harmful bacteria, and viruses.

Colon Detox

Since the colon plays a major role in our daily detoxification processes, you may be wondering why the need would ever arise to detox the detoxifier. It is true that the colon binds toxins for disposal at the end of the digestive tract, and, in an ideal world, the digestive system would stay in perfect balance. However, the overabundance of toxin exposure we cope with in today's world puts extra strain on this vital piece of the digestive system. From time to time, it needs a little help.

Colon Detox, a crucial element in the Perfect Start System, is like intestinal spring cleaning. Even though you dust and sweep your home on a regular basis, we all know that cobwebs and dust bunnies start to appear after a while, and the need arises to pull the furniture away from the wall and give all the nooks and crannies a little extra attention. The same is true for the colon (and the rest of the digestive tract). Even a clean one, even a healthy one, needs a periodic spring cleaning to remove the built-up toxic residues from all the nooks and crannies. That's what the ideal mix of natural components in Colon Detox offers.

Two of the key ingredients share a useful chemical characteristic. Both Montmorillonite clay and activated charcoal are adsorbent (as opposed to absorbent). This means their molecules adhere to other molecules – in a sense, collect them – so they can be carried off and eliminated, rather than being absorbed by the body. In fact, activated charcoal is so highly adsorbent that it can attract

thousands of substances to its own surface and hold them there. A single teaspoonful has a surface area of more than 10,000 square feet! What that means in terms of colon detoxification is that activated charcoal can adsorb thousands of times its own weight in harmful, toxic chemicals, heavy metals and other poisons, effectively rendering them harmless. Along with the Montmorillonite clay, activated charcoal literally pulls waste residues, toxic organisms and other harmful substances out of the digestive tract.

Slippery Elm inner bark not only draws out impurities, along with marshmallow root, it also soothes irritated tissues all along the digestive tract. Apple pectin increases acidity and healthy fermentation in the digestive tract, as well as helping in the elimination of lead, mercury, and other heavy metals. Fennel seed helps relieve intestinal gas and cramps. Psyllium provides intestinal bulk that absorbs toxins and harmful bacteria.

H2Clear

The liver is the primary organ of detoxification in our body. It also serves many other important functions, such as processing absorbed food and helping regulate metabolism. Good health is impossible without proper function of the liver. Unfortunately, over time, it can become overburdened and end up clogged with toxic residues and fat deposits. Bile produced by the liver can become altered so that stones form. Illness is the inevitable result.

In today's toxic world, our blood tends to become filled with impurities ranging from an overabundance of fats and cholesterol, to toxic chemicals and heavy metals. These must be cleared from the blood for optimum health. Although you can cleanse your blood at any time, it makes sense to do it at the same time you are cleansing and rebuilding your liver, particularly since the two are so interrelated.

H2Clear (Hepato-HemoClear) combines the most potent natural herbs for liver and blood cleansing known into a single, convenient capsule form. It contains chlorophyll and EDTA. Chlorophyll, responsible for the green color of leaves, is a particularly potent natural detoxifier. EDTA is the substance used most for chelation - the binding of toxic heavy metals for elimination from the body.

H2Clear contains herbal components that promote healing and regeneration of liver tissue, and help further clear parasites. Plus, it has Alpha Lipoic Acid and Malic Acid to help clear liver fat deposits and oppose formation of stones in bile.

LiverClear Tea

LiverClear Tea assists with flushing the liver of toxins and also helps minimize discomfort and nausea during the detox program. A key herb in the tea is Dandelion root, one of the strongest herbal lipotropics known. That is to say, it helps flush fat deposits from the liver. Cinnamon bark, Uva Ursi, Ginger root, Fennel seed and Clove buds are other important components of this helpful brew.

AlliPRO

As most people are probably aware, our digestive systems are home to an incredible collection of microscopic organisms that actually function with the body to digest food and assist with metabolism. In fact, the healthy intestinal tract contains more than 100 trillion microorganisms from some 400 different species. The human body is estimated to contain 10 times as many microorganisms as its own cells! It is a delicately balanced ecosystem that needs proper support.

There are many factors that negatively influence the healthy flora balance in the digestive tract, including age, stress, medicinal antibiotics as well as the large amount of antibiotics in the meat and chicken we eat, and radiation and chemotherapy. The chlorine found in most drinking water can wipe out entire strains of friendly bacteria from our intestines. Even the use of non-steroidal anti-inflammatory drugs like many common over-the-counter painkillers can have an impact on this important balance.

That's why it's so important to re-establish the healthy microflora in the digestive system on a regular basis, but particularly following any type of cleanse, or an illness. Many of us have been encouraged to "eat yogurt" following a bout of intestinal flu, for instance. The thought is, yogurt contains active cultures that can replenish what is stripped out of the intestines during illness. Unfortunately, much of the yogurt commonly available is very limited in the microorganisms it can supply to the intestinal tract, since it is often pasteurized to improve shelf life.

ScalarCore International's AlliPRO is a unique prebiotic/probiotic that reintroduces plenty of beneficial microorganisms (probiotic) into the digestive tract. Plus it contains patented stabilized allicin, a prebiotic that selectively targets the enzyme systems of harmful organisms, clearing these pathogens out of the way of more robust growth of the beneficial organisms. Once the helpful organisms have a stronghold, they crowd out the harmful ones through what is known as competitive exclusion.

PUTTING IT ALL TOGETHER

Ancient wisdom says a journey of a thousand miles begins with a single step. When someone is starting a journey toward lifelong, natural good health, it is important that the first step be a strong one. The Perfect Start program from ScalarCore International gets you ready for that journey and can be a key first step toward optimal health. The program cleanses and detoxifies many of your body systems, then works hard to stabilize those systems, restoring natural balances and ensuring proper function. **CAUTIONS**

These statements have not been evaluated by the FDA. The products discussed are not intended to diagnose, treat, cure, or prevent any disease, but rather are dietary supplements intended solely for nutritional support.

SOURCES:

Duke JA. CRC Handbook of Medicinal Herbs. Boca Raton, FL: CRC Press, 1985, 78.

Berry Linda. Internal Cleansing: Rid Your Body of Toxins to Naturally and Effectively Fight Heart Disease, Chronic Pain, Fatigue, PMS and Menopause Symptoms and More. Crown Publishing, January 2001.

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