

**NEWSLETTER  
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The year 2000 is upon us, thankfully with little disruption. I hope it will continue to be a time of hope, health, and peace. Below is some food for thought for the new millenium.

Acupuncture Research: A 1998 study in the *Archives of Internal Medicine* showed that medical doctors refer their patients to acupuncturists more than to any other "alternative" care provider. Fifty-one percent of medical doctors believe that acupuncture is effective and of value. Research continues on the mystery of why acupuncture works, including a project to see whether it will help relieve chronic pain in cancer patients. Researchers are confident that acupuncture will be successful in reducing the need for pain medications and non-steroidal anti-inflammatories (NSAIDs) which have undesirable side effects. Acupunture has none.

Cancer Support: Botaniclab has developed an herbal formula in conjunction with The World Health Organization for cancer pain and as an anti-cancer supplement. The name of this formula is SPES, which is Latin for "Hope". This formula has been researched and tested both in the United States and China. The herbal ingredients are: Agrimonia pilosa Ledeb., Cervus nippon Temminck, Cistanche deserticola, Corydalis bulbosa, Banoderma japonicum, Panax ginseng C.A. Meyer, Pollen, Glycyrrhiza glabre L., Lycoris radiata, Patrinia heterophyllia Bge, Pyoria rotandifolla L., Rabdosia rubescens, Stephania delavayi Diels, Stephania sinica Diels, and Zanthoxyklum nitidium. As you would imagine it is not inexpensive. 30 capsules, 300 mg each, sell for \$94.00.

Brain longevity: as I have often observed in these newsletters, it is of no point to live to 100 if your brain has "died" at 70. There is a new product called Brain Power Complex put out by Edom Laboratories which is a formula for neuronutrition. BPC contains vitamins C, E, B<sub>6</sub>, B<sub>12</sub>, folic acid, pantothenic acid and potassium chloride, ginkgo biloba and its leaf, Korean and American Ginseng, Gotu Kola and its leaf powder, Chinese licorice root powder, phosphatidyl choline (lecithin), betaine JCL, bromelain, PABA, RNA, glutamine, methionine, and tyrosine. 100 tablets for \$18.00