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New Laboratory Director Joins ISM

Immune System Management Inc. is pleased to announce that Marian Laderoute, Ph.D. Medical Sciences (Immunology) has assumed the position of Laboratory Director (as of August 2011) when Dr. Ken Lin retired after over a decade of dedicated service. Dr. Laderoute obtained her medical technology certification in 1978 from Algonquin College (general medical laboratory technology) and did her internship at the Ottawa Civic Hospital. She worked for a number of years for the Red Cross, Blood Transfusion Service in Ottawa and then migrated to Edmonton to work in the HLA Tissue Typing and Transplantation Laboratory at the University Hospital where she also did transplantation research. In 1983 she graduated with a BSc in Microbiology from the University of Alberta and then went on to her Ph.D in Medical Sciences (Immunology), also from the University of Alberta. Her Ph.D. thesis revolved around the immunosuppression of the host and in the malignant phenotype of tumors. This discovery was considered important and led to the creation of Biomira Inc., a biotech company specializing in cancer vaccines.



For her post-doctoral training she studied a cancer predisposition genetic disorder involving radiation hypersensitivity where heterozygote females are at a higher risk of early onset breast cancer. At this time she wrote and published her "unified theory of cancer" (Molecular Carcinogenesis, 1994) which attempts to explain how the malignant potential of the tumor relates to immunosuppression of the host. Dr. Laderoute comes to ISM after working 15 years in Blood Safety at Health Canada and then the Public Health Agency of Canada. During her term there she discovered a novel host immunological protection mechanism, the activation of a human endogenous retrovirus - HERV-K102. About 8 % of the human genome is made up of various endogenous retroviruses, most of which has been inactivated by mutations and deletions.

Until her discovery in 2007,

it was not known if any of these endogenous retroviruses could actually replicate in the body or in the test tube, nor what role they played in human health. She showed that HERV-K102 could be induced to replicate under permissive laboratory conditions, and in the body appeared to be induced in response to active infections by viruses particularly retroviruses such as HIV and other bloodborne pathogens. Further studies implied that this virus could undergo lytic infections, and that it was part of innate immunity. She hypothesized that this virus might be oncolytic (preferentially infects and ruptures tumor cells) and virolytic (rupture virally infected cells) and thus, possibly a critical first response of the immune system protecting against cancer, intracellular infections, and possibly against any adverse or toxic exposures.

In addition to providing core Aminomics testing, Dr. Laderoute hopes to evaluate the role of HERV-K102 activation in the promotion of wellness, as well as bring on-line several biological markers to further ISM's research into Aminomics and it's application to various chronic conditions.

All that technical stuff aside..... she's also one of the most fun and pleasant people you'll ever run into!

Welcome aboard Marian!

'Bills' Rant': What are they doing to us?

The #1 Cause of Accidental Death – Are YOU at Risk?

Designer drugs. State-of-the-art machinery. >45% of your hard-earned taxes fund the Canadian healthcare system. With all this – we should be the healthiest people on Earth!

Yet, every year, seven out of 10 deaths are due to preventable chronic diseases such as heart disease, cancer, diabetes, arthritis, stroke, and obesity. We are starting to lag behind other industrialized nations in life expectancy.

How can that be? The answer lies in how we approach health care: like it or not, the real focus of modern medicine is on making money, not making you well. "Modern" medicine's bottom line for only treating symptoms necessitates the continual expansion of indications to feed the drug pipeline. The definition of health "care" has become interchangeable with drug interventions. Just a few examples:

Statins: Almost 1 in 4 people take statins - drugs that lower your cholesterol levels - one of the most widely prescribed drugs in the world. Statins act by blocking a crucial enzyme in your liver responsible for making cholesterol. But that's not all this enzyme is responsible for. This enzyme also makes CoQ10, which is essential for mitochondrial health. Many potentially dangerous side effects are associated with statin drug use.

There are more than 900 studies proving the adverse effects of statins, which run the gamut from muscle problems to diabetes, to birth defects and increased cancer risk. One recent study found that use of any statin drug, in any amount, was associated with a significantly increased risk for prostate cancer.

Mammograms: A mammogram delivers about 1,000 times more radiation than a chest x-ray, which may increase the risk of cardiovascular damage. Studies have shown that women who have mammograms suffer about the same rates of death due to breast cancer as women who do not have mammograms. If a tumor is large enough to be detected by a mammogram, it's already in an advanced stage, so very few cancers are caught in the earliest and most treatable stages.

PSA testing: A study of 77,000 men, followed for 10 years has yet to show any benefit from PSA testing. A separate report from Europe found for every life saved by PSA testing, 47 men were treated unnecessarily.

ISM has repeatedly, over the past decade or more, stated the above about statins, mammograms and the reliability of PSA testing! What are "they" doing to us? When will "they" listen?

Start Your Day with a Smoothie

One of the best ways to ensure you take your ISM therapeutics is to mix them up in a smoothie. These ingredients can also benefit your health. Here are a few delicious recipes for you to try.



Coconut Oil Smoothie

1 can coconut milk or 400 ml filtered water
½ cup Greek Plain Yogurt
1 banana (omit or substitute with a fruit of your choice – non-citrus)
½ cup raspberries or blueberries
1-2 tbsp Ground Flax Seed
2 scoops ISM ProComplete or ProCustom
1 tbsp Oganika Virgin Coconut Oil
Sweeten with 1 tsp honey if desired

Makes 2 Servings

Holiday Smoothie Recipe

1 ¼ cup Organic Eggnog
½ cup Greek Plain Yogurt
¼ cup Filtered Water or Organic Milk
1 Banana or Fruit of your choice (non-citrus)
1-2 tbsp Ground Flax Seed
2 scoops ISM ProComplete or ProCustom
Pinch of Cinnamon
Pinch of Nutmeg

Makes 2 Servings



General Instructions:

Put all ingredients in a blender and blend on smoothie or blend setting for about a minute. Both recipes make delicious smoothies with vitamins, minerals, protein, fiber and healthy oils. The Greek yogurt is good to use as it contains a concentrated form of milk protein and contains all 9 of the essential amino acids needed to build protein.

"Very Many Hairy Little Pigs Live In The Torrid Argentine"

Essential amino acids are "essential" not because they are more important to life than the others, but because the body does not synthesize them, making it essential to include them in one's diet in order to obtain them.

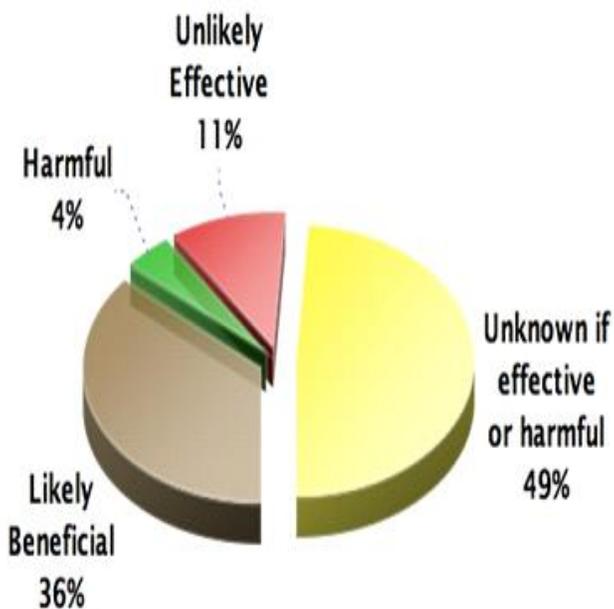
What the heck does the title have to do with essential amino acids? It is a mnemonic to remember them by:

Valine Methionine Histidine Leucine Phenylalanine
Lysine Isoleucine Threonine Tryptophan Arginine.
Proteins are the building blocks of life. The body needs protein to repair and maintain itself. The basic structure of protein is a chain of amino acids. You need protein in your diet to help your body repair cells and make new ones.



Many chronic conditions can affect the balance of amino acids in your body at any one time. Amino acids are not stored by your body – if any individual or group of amino acids are not available simultaneously in the “blood pool” then protein construction can be impaired - causing or exasperating a chronic condition. This concept is at the core of ISM's ‘Aminomics’.

A 66% “Chance” that Drug You’re Taking is Not Beneficial!



While it is commonly believed that modern medical treatments, including drugs, are "scientifically proven," in reality nothing could be further from the truth.

"The British Medical Journal's "Clinical Evidence" analyzed common medical treatments to evaluate which are supported by sufficient reliable evidence (BMJ, 2007). They reviewed approximately 2,500 treatments and found:

- 13 percent were found to be beneficial
- 23 percent were likely to be beneficial
- 4 percent were as likely to be harmful as beneficial
- 6 percent were unlikely to be beneficial
- 4 percent were likely to be harmful or ineffective.
- 46 percent were unknown whether they were efficacious or harmful

ISM has enormous respect for the scientific method, and when done properly it can clearly provide us with profound and valid medical truths. But how does one avoid the massive pharmaceutical company's conflict of interest that perverts the results and the meaning of the research?