



Happy June!

To re-launch our newsletter we thought we would share a bit of company news as well as offer some helpful resources. Today, you'll read about:

1. Important updates and ISM's 15 new **Health Canada licences**
2. How **Aminomics** plays an essential role in treating and preventing disease
3. A delicious Coconut Lemon-Berry **smoothie recipe** to help you take your ISM therapeutics

Company News

ISM Obtains 15 Health Canada Natural Health Product Numbers

ISM is pleased to announce that Health Canada has issued 15 different Natural Health Products licenses to Immune Systems Management:

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|-----|----------|------------------------------|
| 1. | 80000050 | Milk Thistle Seed Extract |
| 2. | 80000054 | Flax Seed Oil |
| 3. | 80003085 | Gingko Biloba Leaves Extract |
| 4. | 80014444 | Lkbalance |
| 5. | 80030554 | Skbalance |
| 6. | 80030585 | Onbalance |
| 7. | 80030617 | Bnbalance |
| 8. | 80030683 | Brbalance |
| 9. | 80030919 | Lmbalance |
| 10. | 80031590 | Lmbalance (Iron Free) |
| 11. | 80031698 | Cobalance |
| 12. | 80031836 | Prbalance |
| 13. | 80032119 | Pnbalance |
| 14. | 80035888 | Lnbalance |
| 15. | 80036634 | Nucomplete |

To be licensed in Canada, natural health products (NHP's) must be safe, effective, of high quality and carry detailed label information to let people make safe and informed choices. You can identify products that have been licensed for sale in Canada by looking for the eight-digit Natural Product Number (NPN) on the label.

A NPN means that the product has been authorized for sale in Canada and is safe and effective when used according the instructions on the label.

NHPs are included in the definition of a "drug" under the *Food and Drugs Act* (FDA) and are regulated as a subset of drugs with a separate regulatory framework, the *Natural Health Products Regulations* (the NHPR). The NHPR provides regulatory oversight requiring the premarket review of products for safety, quality, and efficacy, and requiring that good manufacturing practices (GMP) be met before site/establishment licences are issued.

The Licensed Natural Health Products Database (LNHPD) contains product specific information on those NHPs that have been issued a product licence by Health Canada. The [LNHPD](http://www.hc-sc.gc.ca/dhp-mpps/prodnatur/applications/licen-prod/lnhpd-bdpsnh-eng.php) (<http://www.hc-sc.gc.ca/dhp-mpps/prodnatur/applications/licen-prod/lnhpd-bdpsnh-eng.php>) allows public and private insurance companies, consumers, etc., to search for information on licensed NHPs according to various criteria. The LNHPD coupled with the Drug Product Database (DPD) provides a complete picture of which products have received market authorization in Canada.

Your Health

Disease, protein imbalance, and Aminomics

“My ISM Case Manager keeps referring to “Aminomics”. Remind me.... What is that?”

The human body possesses intelligence or programming that is known as DNA. This “Genomic Map,” essentially instructs various body systems to manufacture protein as the fundamental building block of cells. In other words, everything that the body does is focused upon building protein. Protein is the resource material used to build every cell in the body. Proteins:

- Account for 75% of dry body weight (vitamins and minerals account for only 1.5% of dry body weight);
- Make up virtually all neurotransmitters;
- Make up 100% of hormones;
- Are required by DNA and RNA;
- Influence every system in the human body and every endocrine gland; and
- Are required by vitamins and minerals to be effective.

There are thousands of different proteins in the human body. All protein is made from amino acids. The focus of the Immune System Management Inc. (ISM) methodology is amino acids or what ISM refers to as ‘Aminomics’.

At the core of the Aminomics approach is that many disease symptoms are caused by a disturbance or irregularity in protein levels in the human body. Since all protein is manufactured from amino acids, these symptoms can be stabilized or reversed by measuring and correcting plasma levels of amino acids through an amino acid-based therapeutic while ensuring that the body has all the essential nutritive elements.

Pre-Aminomics

Historically, disease has been named, classed, diagnosed and treated through symptom observation and efficacy tracked by trial and error. Advances in technology have allowed

science and medicine to observe that symptoms are not necessarily the disease. Technology allows us to see the inside detail and workings of the human body. As technology evolves, we can see more. As we see more, we understand more.

Human systems are comprised of DNA-driven chemistry that is metabolized through various pathways and organ systems. When an individual possesses the optimal profile of chemistry and metabolism, that person is typically healthy or symptom-free. When a person's profile deviates from the optimum, symptoms will evolve. Historically, symptoms were generally characterized or diagnosed as some form of disease, and treatment would be initiated on the basis of the symptoms. The cause itself would generally remain undiagnosed and untreated.

How Aminomics Works

Aminomics therapy compensates for the amino acid and protein imbalances created by many causes such as unbalanced diet, impaired absorption, infection, trauma, stress, drug use, age and so on. All of which can be factors, for example, during cancer or cancer treatment. Aminomics therapy balances all the body's natural and critical metabolic and biochemical tools that are used directly by the body's immune and metabolic systems, such as amino acids, vitamins, minerals, antioxidants, enzymes and fatty acids.

Using advanced high-performance liquid chromatograph (HPLC) laboratory technology, ISM is able to effectively blueprint patients' blood to determine their individual Aminomics profile. Through comparison to observed common-characteristic Aminomics profiles, it is possible to better understand the underlying causes of immune system dysfunction. By better understanding the probable cause, the ISM medical team is able to design a balancing compound to address the cause.

How can we be deficient in amino acids and protein in today's food-abundant world?

North America experiences a form of malnutrition different to that, which typically springs to mind, of starvation in the third world. The malnutrition of the West is a result of eating devitalized, over-refined and adulterated foods. It is also a consequence of poor digestion, which is an ever-increasing problem in North

America due to the broad consumption of substances like sugar, fats, alcohol, coffee, cigarettes and certain drugs, which are harmful to the digestive process. Poor digestion leads to poor amino acid breakdown, which leads to worse digestion.

Additionally, the importance of amino acids and protein is greatly amplified when considering diseases such as cancer. During disease, active metabolism and increased protein synthesis in central organs and in the immune system becomes a first priority. The body's requirement for specific amino acids is directly altered when it is under the stress of disease. Protein deficiency is currently evident in 40 to 50% of hospital patients after surgery.

Aminomics into products

ISM products are targeted to restore the natural defense mechanisms of the immune system, with the goal to extend life or, at minimum, significantly improve quality of life. The compounds target an individual's own self-healing metabolic and immune system

capacity while avoiding the toxic side effects that often accompany conventional medical treatments.

The origins of the ISM products starts with individual clinical patient nutraceutical support. Clinical work with thousands of patients over a 20-year period has led to certain common sets of observations concerning the diagnostic and therapeutic impact of ISM's 'Aminomics'.

So why isn't everyone using Aminomics?

1. Firstly, ISM has developed a unique proprietary database of thousands of plasma studies of patients with chronic and acute disease states. There is NO other similar patient database that has documented or analyzed the metabolic and immune system profile and impact of orthomolecular and amino acid deficiencies to the same extent.
2. Then there is the issue of the clinical trial. This rigidly controlled, three-phase standardized approach to testing new drugs and other medical procedures in humans remains the only way to get from research to drug approval. The duration and cost of clinical trials mean that drug companies, which sponsor the vast majority of such trials, have an overwhelming incentive to test compounds that are likely to win regulatory approval. The current process does not encourage risk taking or entrepreneurial approaches to drug discovery and so the drug companies tend to focus not on breakthrough treatments but on incremental improvements to existing classes of drugs.
3. And finally, today's allopathic physicians are trained by educational standards set by the various regulatory medical colleges, whose diagnostic and therapeutic curriculum is largely predicated on the long history of existing pharmaceutical dogma. However, with an ever-increasingly health-educated public demanding less invasive and more effective treatments, there is a new trend rapidly emerging that sees the use of complementary diagnostics and therapeutics taken into consideration.

For more information, visit www.aminomics.com.

Why does ISM Place Such Emphasis on Individualized medicine?

"....no two people on the face of the earth are alike;

- *No two people have the same fingerprints, lip prints, or voice prints.*
- *No two blades of grass or snowflakes are alike.*

..... each person is housed in a special body with different strengths, weaknesses, and nutritional requirements, and the only way to maintain health or cure illness is to accommodate that particular patient's specific needs"

James L. D'Adamo, N.D., D.N.B

Statins: Are they right for you?

A growing body of evidence is calling into question the safety and efficacy of statin use. Statins are commonly prescribed to lower blood cholesterol levels in people who have already had a heart attack. However, more and more frequently, they are being prescribed in healthy adults with no other known risk factors except high cholesterol. There is some discussion that statins do not lower cholesterol in women, and that the risks of serious side effects may far outweigh any potential or perceived benefits.

The usefulness of statins has become even more complicated by the newer evidence that they are immunosuppressive. People with cancer are invariably already immunosuppressed and in many, the cancer diagnosis followed immunosuppression relating to a protracted period of high stress. Many healthcare professionals concede that stress is far more important than cholesterol levels in determining risk of a heart attack. As far as it is known, statins do not decrease stress responses. So one has to question whether or not statin use should be contraindicated for persons already diagnosed with cancer, since, it could be argued, further immunosuppression could be devastating.

At ISM we have witnessed the reemergence of lymphoma months after starting statin use, even though the client had been in remission for years and sometimes decades. In others, the combination of immunosuppressive chemotherapy with statin, led to stroke, heart attacks and resulted in unexpected and early demise. In others with autoimmunity in which there is also an underlying immunosuppressive component, within 48 hours of starting statin use, severe polyneuropathy (nerve pain and malfunction) and myalgia (muscle pain) developed. Other symptoms of chronic fatigue syndrome - myalgic encephaloneuropathy were exacerbated including severe gastrointestinal upset with bleeding, and neurological decline, from which the client subsequently recovered.

ISM is preparing a scientific review of the literature which will be posted on the website in the upcoming months. The issue that Health Canada should be considering is to update the statin product monograph, to include as contraindications or at least as warnings, that caution should be taken when giving statins to persons currently or previously diagnosed with cancer due to the inherent immunosuppressive effects.

If you or someone you know has suffered an adverse event related or possibly related to statin use, please fill out an adverse event reporting form available at <http://www.hc-sc.gc.ca/dhp-mps/medeff/report-declaration/index-eng.php>. Adverse event reporting by patients is encouraged by Health Canada.

Healthcare empowerment for ISM clients and all Canadians.

This Month's "Bill-ism"

*"What do you love to do? Do it.
What's stopping you?
If you can't garden yet, then sit in a chair in your garden.
Get back on your tractor.
Go home from the hospital for Christmas if you want to."*

Nutrition Corner

Try this delicious Coconut Lemon-Berry smoothie

When taking your ISM products, it is critical for your health that you follow the ISM Program Protocol.....that is, you must ensure that you faithfully take the requisite dosages as recommended. Why? The body requires that all of the essential nutrients be available when building new protein in your body. For example, if there is an imbalance of amino acid types, certain proteins cannot be formed.

Often our ISM clients tell us that it difficult to consume their protein and milk/water supplement every single day. This is only natural! So, don't be shy... become experimental. Try the ISM Protein supplement (Pro-Custom or Pro-Complete) as a part of a smoothie for added taste and health benefits.

Coconut Lemon-Berry Smoothie

- 1/2 cup Almond milk or Coconut milk Blend (unsweetened)
- 1/4 cup frozen raspberries
- 1 tsp Omega 3 Oil (*from ISM*)
- 1-2 scoops ProCustom (*Dose Dependent on Customized Therapeutic Dose as listed on your Therapeutic Schedule*)
- Handful of Ice Cubes
- Blend until smooth.
- Most important.... Take time, look at your garden, your kids or your patio view and enjoy!