



## THE VITAMIN SHELF

FALL 2006 EDITION

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### **IF YOU TAKE VITAMINS, YOU SHOULD BE SHOPPING AT APPLE HEALTH FOODS !**

If You Learned Cancer's Favorite Food,  
Would You Stop Eating It ?

On The Other Hand, If There Was A Vitamin That Could  
Reduce Cancer By 50%, Would You Take It ?

Cancer is particularly menacing to all of us because it seems so mysterious in when and where it chooses to manifest. We hear the news about certain pesticides, smoking, alcohol, certain medications, and a host of chemicals and toxins that science feels may contribute to cancer risk. The mere association of a substance with the risk of cancer will cause many of us to avoid it like the plague. But I ask you: do you know what is the favorite food of a cancer cell? **The answer is sugar.** Cancer cells have a special metabolism that thrives off sugar. Excess sugar in the diet creates a wonderful environment for cancer by raising levels of inflammation, making the body acidic, and feeding unfriendly microbes and bacteria that weaken the immune system. Unfortunately, excess sugar does not only come from a sugar bowl or candies and sweets.

Most of the excess sugar in our diets come from "natural foods". Foods like fruit juice, flour products, cereals, crackers, pasta, sweeteners, etc. Many experts are now recommending that we eat a diet that is rich in protein, vegetables, healthy fats, and colorful fruits. Almost everyone is recommending that we dramatically reduce the simple carbohydrates in our diet. And yet with this knowledge, how many of us will really reduce the sugar we eat?

As we ponder the uncomfortable ramifications of this question, let me quote a dramatic announcement that came out on December 28, 2005. For a moment, I am going to keep a key part of this announcement a secret. *"A daily dose of vitamin ??? could cut the risk of cancers of the breast, colon, and ovary by up to a half, a 40-year review of research has found.* (cont. next pg.)



# DAVID'S CHOICE

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*The evidence for the protective effect of ??? is so overwhelming that urgent action must be taken by public-health authorities to boost blood levels, say cancer specialists. A growing body of evidence in recent years has shown that the lack of vitamin ??? may have lethal effects. Heart disease, lung disease, cancer, diabetes, high blood pressure, schizophrenia and multiple sclerosis are among the conditions in which it is believed to play a vital role. The vitamin is also essential for bone health and protects against rickets in children and osteoporosis in the elderly."*

Some of you may already have guessed the vitamin about which we are speaking. It is indeed Vitamin D! Could all of this be true? Let me emphasize that this announcement came from a review of 40 years of published research on Vitamin D. So I ask you, why haven't we heard this before?

There was a time when drugs were the tools of doctors. Now, too often, doctors are the tools of the drug companies. Since Vitamin D is not a drug, it receives little attention. We are told it is good for bones so just

eat right and get a little sunshine. **And be careful !!!** Too much Vitamin D can be toxic. Other than being good for bones, most everything we were told about Vitamin D was wrong. Here is a brief summary of the research: (*the complete report with scientific references is available upon request.*)

**Low Vitamin D status is associated with increased risk of cancer.**

"Vitamin D receptors have been found in breast, colon, and prostate cells and, in its active form, Vitamin d is involved in cellular growth and differentiation. Research indicates that adults with adequate blood levels of Vitamin D have a 50% reduced risk of developing colon cancer."

**Vitamin D may offer protection for Insulin Dependent (Type 1) Diabetes.**

**Vitamin D is important for Insulin function and levels.**

"Studies indicate that reduced Vitamin D status may contribute to both insulin resistance and reduced insulin secretion."

**Vitamin D may help prevent the development and progression of Multiple Sclerosis.**

**Vitamin D may help protect against Inflammatory Bowel Disease (IBS).**

**Vitamin D is necessary for optimal cardiovascular health and low status may contribute to congestive heart failure.**

**Vitamin D may help protect against Rheumatoid Arthritis.**

"Vitamin D may have an effect upon our immune responses and influence the progression of autoimmune diseases such as rheumatoid arthritis."

**Supplemental Vitamin D reduces risk of fractures.**

"The group receiving the supplemental Vitamin D had a reduced risk of 22% for sustaining a first general fracture and a 33% reduced risk for sustaining a first fracture of common osteopathic sites."

**Supplemental Vitamin D improves muscle strength and reduced fractures.**

"This group also had a 49% reduction in falls."

**Almost all patients with persistent muscle and bone pain were Vitamin D deficient.**

"They found that 93% of the 150 patients were Vitamin D deficient."

( cont. next pg. )

**Hip fracture risk was reduced by 69% and secondary hyperparathyroidism was reduced with supplemental Vitamin D.**

So how much do we need? Can it be toxic? Contrary to what we've been led to believe, 400 IU per day is woefully low and a little sunshine will not make up the difference. Fully clothed with sunscreen in these northern latitudes leave over 80% of us deficient in Vitamin D with catastrophic effects on our health. Conservative researchers are recommending 2000 IU of D3 daily while most are suggesting 5000 IU. This is what is needed to assure the results previously stated. For those of you who think that these potencies are unsafe, it may interest you that, according to the U.S. Government, the **lowest** toxic dose of Vitamin D ever recorded was 40,000 IU per day for more than 6 months!

Besides the wonderful news that one small, inexpensive vitamin pill can profoundly benefit your health, we cannot help but notice that all of this is being ignored by "modern medicine" in their myopic pursuit of drugs. Even worse, we've been advised to be afraid of getting "too much" Vitamin D. How many people have been harmed, how many lives lost because of **Nutriphobia**. *Nutriphobia is a condition where otherwise sensible people think that drugs are safe and nutritional supplements are dangerous.* Don't let Nutriphobia keep you from optimal Vitamin D and the rest of Mother Nature's Medicine Chest!

**Apple Health Foods carries Vitamin D3 in a full range of sizes and potencies.**



## Activism Made Easy

In 1994, we passed the Dietary Supplement Health and Education Act which established a specific regulatory status for Dietary Supplements (Foods, not drugs), allowed greater information for consumers (Structure/Function Claims), and gave the FDA greater enforcement powers. I say "we passed" because this was truly a Herculean effort of retail stores, grass-roots organizations, and hard-working individuals. This was an important battle but the fight is not over. Certain legislators within our own Congress as well as U.N. regulators (CODEX) seek to overturn DSHEA and regulate most Dietary Supplements out of existence. Most Americans disagree with this encroachment on our health freedom but it can seem overwhelming to fight against the well-organized, well-funded machine that is Big Pharma with its numerous front groups (Insurance Co.'s, HMO's). We still have our voices and we still have our vote. If we stick together, we will win.

There's a fantastic way to keep up-to-date on important legislation. Please go to [www.saveoursupplements.org](http://www.saveoursupplements.org) and sign up for the e-mail alerts. You will not receive spam or be asked for money. You will be notified of health freedom issues and be given a letter (which you can edit) that can be sent to your legislators in a couple of mouse clicks. It also makes it easy to e-mail anyone else that you know that cherishes the preservation of health choices.

**I urge you to sign up now !!!** Whether you take vitamins or not, it's our duty to remind our elected officials that we demand freedom of choice when it comes to our health. Mother Nature's Medicine Chest holds the keys to good health. To lose such a gift would be a tragedy.



## "DAVID'S CHOICE WORDS"

### **DO VITAMINS GIVE US "EXPENSIVE URINE"?**

**I have never gotten bright yellow urine from eating a good meal. When you take a good multi, you get all the B Vitamins that you need. The small excess is harmlessly washed out in the urine which results in the bright color. This bright color means that you've gotten *EVERYTHING THAT YOU NEED!* Which means that you never get everything you need from food alone. If you take a multi, and don't have bright, yellow urine, something is wrong.  
**You need a better multi!****

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