

# VITAMIN NEWS

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## "CATALYN" - A REAL HIGH POTENCY VITAMIN PRODUCT

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"High Potency" is a much abused term. Vitamin and other food supplements are often loaded with low cost ingredients in quantities far greater than any physiological requirement; the high cost, more rare, components which may be much more important are ignored and the product promoted as a HIGH POTENCY ---supposedly HIGHLY EFFECTIVE---agent.

Agnes Fay Morgan, the celebrated nutritional authority, once made a test of the HIGH POTENCY vitamins used to "enrich" foods like white flour. Her findings are attached. THE TEST ANIMALS ON THE "HIGH POTENCY ENRICHED DIET" did not live as long as those on the same low vitamin diet WITHOUT the "enrichment".

This is proof that a high potency in MILLIGRAMS cannot be compared to a high potency in CLINICAL TEST. WHY NOT? Simply because the nutritional requirement for humans or test animals includes too many factors to be easily thrown together from a few sources of single vitamin, mineral, or amino acids, selected because of commercial availability.

A REAL HIGH POTENCY product will contain the vitamins WITH THEIR NATURAL SYNERGISTS as found in UNREFINED FOODS.

For example, "natural forms of vitamin E (as alpha tocopherol) lose up to ninety-nine percent of their potency when separated from their natural SYNERGISTS, (tannins, fatty acids and phospholipids)" (1). We interpret this to mean that TOCOPHEROL WITHOUT SYNERGISTS CEASES TO BE VITAMIN E, if it means anything. It means exactly what Dr. Morgan discovered, that FRACTIONS OF VITAMIN COMPLEXES WERE NOT VITAMINS IN EFFECT, that such FRACTIONS cannot act as the whole any more than the case and face of your watch can keep time.

How, then, can the POTENCY of a food concentrate be determined?

Simply by the CLINICAL PERFORMANCE! Here is what a celebrated, internationally known physician says about CATALYN--"It will interest you to know that I rechecked a patient yesterday who had undergone a complete physical and mental breakdown as a result of a rapidly fulminating senescent process. He has been treated for the last eighteen months and he is now normal in mind and, for his age (63 yrs.), in his body. Examinations of his retina show a complete disappearance of the arteriosclerotic process, with a return of the silver streak in the arteries. He was treated through dietary measures, colonic irrigations and eight Catalyn tablets per day. This sort of improvement is dramatic and is proof that pathological senescence is fundamentally a matter of improper nutrition--not alone a matter of food deficiencies, but also a matter of excesses of processed foods."

This patient had the good fortune to meet a physician who knew how to use PHYSIOLOGICAL remedies. A physician who knew that improving the elimination and correcting the nutritional deficiencies was the first principle of restoring health.

"High Potency" vitamins may actually REVERSE in their effects, and perform the OPPOSITE of what the physician prescribing them may want to accomplish. Bicknell & Prescott in their new book, "The Vitamins in Medicine" (Grune & Stratton, New York, \$12.00) page 735, tell how bone decalcification, a reaction to vitamin E deficiency, can also be caused by large doses of alpha tocopherol. They recommend no greater concentration of alpha tocopherol than is found in wheat germ oil for any therapeutic use. "High Potencies" defeat their purpose here, just as in Dr. Morgan's tests.

We believe that the first and commonest symptom of deficiency requiring "CATALYN" is fatigue. Truly, we consider Catalyn as "FINE FOOD FOR FATIGUE". Often one or two tablets will afford a great relief in fifteen or twenty minutes. Two or three tablets a day often mean the difference between enjoying one's work, or finding it unbearable drudgery.

WHY? Simply because it contains such a variety of SCARCE nutrients, not a high content of a few. It contains practically every TRACE MINERAL needed in nutrition, according to spectrographic tests. They are not added by us. They are NORMALLY PRESENT as an integral part of the food concentrates, in organic combination, and inseparable from the vitamins and enzyme factors of which they are activators.

How can WE tell you what the potency of such a product may be? It is something you or your patient must experience. The factors that YOU may need may be as yet UNKNOWN to Science or medical arts. We kept ourselves alive with Wheat Germ and Rice Polish before they were discovered as essential, (the HARD WAY, by observation of victims dying of starvation for years before anyone had wit enough to decide that maybe the meddling with rice and wheat had something to do with the situation.) One authority in tracing the history of polio discovered that the first cases reported were in Vienna in 1840. He stated that it was no probable coincidence that the first roller for making white flour was set up in Vienna in 1839 (2). Polio has many of the earmarks of beri-beri, even down to the virus accompanying it, which was also found in beri-beri by Dr. McCarrison, as related by him in his book, "Studies in Deficiency Disease", (now available from us at \$3.00 net.)

We believe that in terms of CLINICALLY DEMONSTRABLE POTENCY it is the lowest cost nutritional supplement on the market. It was engineered to produce results, NOT to exhibit a "high potency" label.

When you have to lose sleep, try it as a **FATIGUE DISPELLER**. Its effect is **PHYSIOLOGICAL**, the benefits are **NOT BORROWED** from the future.

Trace mineral deficiency is today becoming recognized as the cause of undulant fever; trace mineral feeding is the first successful treatment for the disease whether it appears in cattle or human victims (3). This is another example of how **UNKNOWN** factors work for us, being unsuspected until we blunder into their field of action. **UNDULANT FEVER BECOMES NOW A DEFICIENCY DISEASE**. (Raw milk is cleared of suspicion, as it should have been long ago when statistical studies showed that there was **MORE** undulant fever where pasteurization was required by law than where it was **NOT**. Raw milk users get more vitamin C, and thereby have a higher resistance to all infections.) We see now that the real cause of these infectious diseases is **LOW RESISTANCE** due to **MALNUTRITION**.

#### REFERENCES

- (1) Annual Rev. Biochemistry, 1943, P. 381.
- (2) W. J. McCormick, M.D., "Observations on the 1941 Outbreak of Poliomyelitis and Encephalitis in the Midwest", Medical Record, Feb. 4, 1942.
- (3) "What About Trace Minerals", Ed. Rupp, Missouri Ruralist, April 9, 1949.

Excerpts from Reference No. 3

**W**HAT about those trace minerals? Are we getting anywhere in learning more about them?

A little more than a year ago Missouri Ruralist reported certain experiments taking place in the vicinity of Springfield, Mo., on relationship between trace elements and health. Human health, animal health and health of plant life.

Dr. Ira Allison, Springfield, had treated several undulant fever patients with trace element therapy as the background for his experiments. Results were almost incredible. Public attention was given to the experiments thru a clinic arranged by Doctor Allison in December of 1947.

There was another similar clinic last month in Springfield. A group of about 75 persons representing a varied field in everyday life was present to see for themselves, ask questions of the patients as well as of the doctors and others seated around the questioning table.

Beginning with patients whose blood tests were definitely positive, the trace element therapy seems to work an almost immediate improvement. After 4 or 5 months on trace element therapy and improvement of diet, blood tests become negative to undulant fever. Not only that, but patients questioned at the clinic said they felt better. In some cases they were able to get up out of bed and go to work.

#### All Had These Symptoms

Testimonials of the undulant fever patients were so similar that one transcribed record would nearly suffice for each case. First the symptoms: Alternating fevers and chills, loss of weight and strength, despondency, fear of imminent danger, pains and aches in muscles and joints and others. After treatment by Doctor Allison each testified to general improvement and relief.

Between 45 and 50 of Doctor Allison's patients had volunteered to tell their individual stories. Ages of patients ranged from about 12 to nearly 80 years. Patients came to the conference room one at a time. But time ran out. Only 15 or 20 of the patients could be heard in one day.

In about 2 years time approximately 1,800 patients have been treated, Doctor Allison says.

In the meantime the Nicholson dairy herds are being fed trace minerals in their normal rations. Results, altho incomplete, so far are quite astounding. In the first place there was breeding trouble. Calf crop a year ago was despairingly low. This year the calf crop was in the upper percentage brackets.

Probably the most interesting moments during the clinic came during the discussion periods when no patients were in the conference room. It was during these times that indictments were heard of our dietary habits as a civilization. Habits which have led food processors into extracting nutritive qualities by the barrelful from normally good foods and putting back a pinch of synthetic nutrition. All to satisfy the taste of the public rather than their nutritional needs.

One bone of contention was our favorite white bread. Actually, these men and women claimed white bread is so low in actual good qualities that rats and mice won't even tear open the wrapper. If a grocer would stock whole wheat bread made from whole wheat flour, rats and mice would invade the shelf from miles around. Still they would leave the white bread alone, nutritionists claim.

Then there was another indictment against pasteurization of milk. Heating milk thru pasteurization to the point where harmful bacteria is killed will also destroy beneficial bacteria, they claimed. In other words, clean, low bacteria count raw milk carries more nutritive qualities than the same milk pasteurized.

Then, too, habits of cooking and food preparation as well as balanced meal planning came in for body blows. A high level of carbohydrates or of sweets could be detected running thru the diets of the patients.

THE STATEMENTS HEREIN MAY NOT AGREE WITH CURRENTLY ACCEPTED MEDICAL OPINION. NEVERTHELESS THE PUBLISHER BELIEVES THEM SOUND.