

Rationale For Salad™

We all know that we should eat our vegetables. Of particular importance are the cancer-preventing cruciferous vegetables such as broccoli, Brussels sprouts, cabbage, cauliflower, and kale. It is known that if the recommended daily amounts of these vegetables are consumed, risk can be cut by as much as 70% for some cancers. However, according to surveys, less than 10% of average Americans eat the recommended 3-5 servings of fruits and vegetables each day. Of those who say they do meet this requirement, most have been found to be exaggerating their intake. The cruciferous vegetables are especially ignored because many people feel they are unpalatable.

SALAD™

Nutrient Support Formula

W Y S O N G

PURPOSE:

A nutritional supplement designed to supply a concentrated source of the important phytonutrients characteristic of the cruciferous vegetables.

INGREDIENTS:

Natural Phytonutrient Extracts and Concentrates of Dehydrated Cruciferous Vegetables (Broccoli, Brussels Sprouts, Cauliflower, Red and Green Cabbage, Kale, 3-day-old Broccoli Sprouts); Alpha-D-galactosidase.

– Contains no additives –

DIRECTIONS:

Suggested Dosage: one capsule three times daily with meals. For best results, Salad should be used as a part of the Wysong Optimal Health Program™. Salad is best assimilated if swallowed with meals.

For long-term usage follow the Wysong Foundation Formula Cycle or discontinue two days out of every week and five successive days every month to decrease the potential for intolerance developing.



Contrary to popular belief, modern medicine is essentially helpless in the face of cancer. Aggressive, invasive therapies such as radiation, chemotherapy and surgery treat cancer as if it were an assault from the outside rather than a lapse from within.

At the turn of the century, cancer victimized only one in thirty. Today one in three will get cancer in their lifetime. Over 500,000 die every year from the disease. This is in spite of a multibillion dollar research and medical campaign since President Nixon's "War on Cancer." People over 50 are particularly susceptible.

Just in the last few decades, rates for cancer of the breast and colon have increased 60%. In the same time period, the increases were 100% for prostate cancer and 300% for testicular cancer. Even though smoking has decreased from 50% to 25%, lung cancer has increased by 262%.

This is not a good record and should alert any thinking person that a new medical cure is not "just around the corner," and it will not do to use the same invasive medical approaches that have failed us until now. After enough tries attempting to drive a nail with a screwdriver, a reasonable person would look for another tool.

The right "tool" for cancer is restoring normal body balances by restoring the correct genetic context. By doing so, the only effective cure for cancer is activated – the immune system.

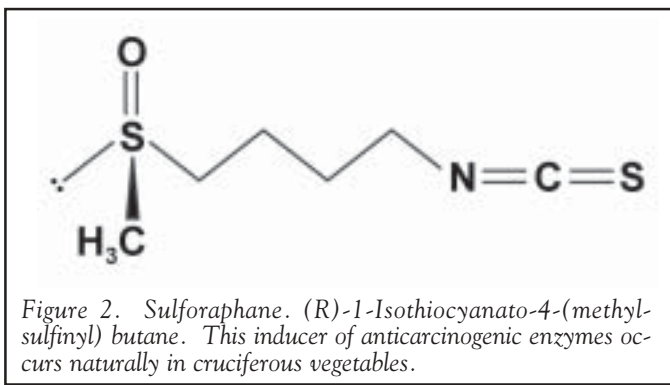
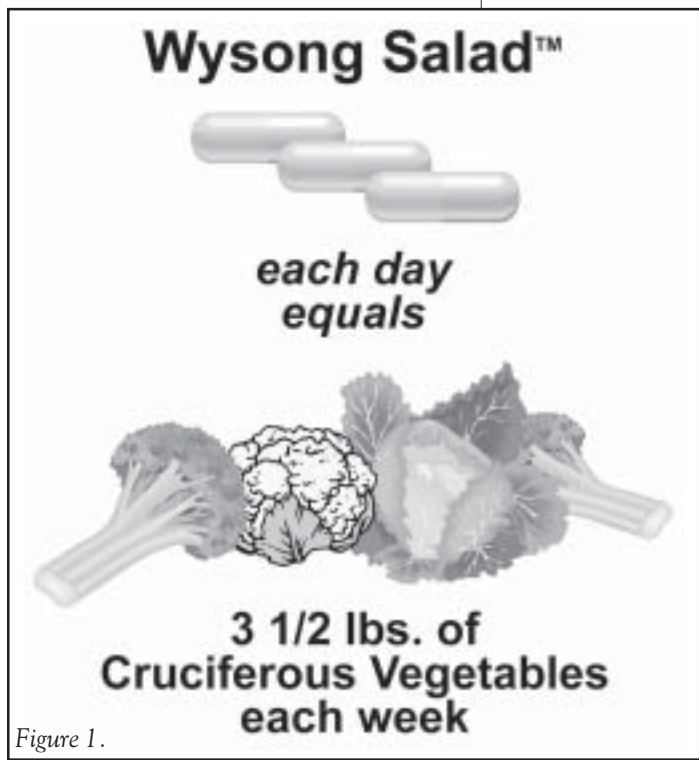
Cure lies within, not without. Correct prevention and treatment involve proper life choices, natural nutrition and supplementation; not the "cut, burn and poison" approaches used today.

Wysong Salad, in combination with the other nutritional supplements in the Optimal Health Program and in unison with appropriate dietary and lifestyle modifications, provides a nutritional arsenal against the chemical carcinogens

that threaten our lives daily. While science searches for a cure for cancer, nature provides it in the form of prevention.

Salad is the result of several years of research seeking nontoxic, natural nutritional supplements. Ingredients have been selected based upon the weight of scientific evidence and traditional experience with their use. Supplementation with natural nutrients and “nutraceuticals” is an emerging science,

present, sulforaphane will also act to induce the incapacitation of these carcinogens before damage is done. Hence, Wysong Salad sulforaphane works by boosting the body’s own natural cancer-fighting armament.



In order to reap the full benefits of the sulforaphane found in cruciferous vegetables, enzymes are needed to initiate the chemical reactions of digestion. However, humans are deficient in the digestive enzymes needed to efficiently break down the complex sugars, called oligosaccharides, found in some plant materials. Wysong Salad therefore provides alpha-galactosidase which can break

to lower the risk of ischemic stroke.

Wysong Salad provides the dietary variety that is the foundation of healthful nutrition by containing several cruciferous vegetables including broccoli, Brussels sprouts, red and green cabbage, cauliflower, and kale. As a result, Salad not only supplies a concentrated, diverse source of sulforaphane, but also offers the beneficial properties naturally possessed by the individual vegetables themselves.

According to the Cancer Treatment Institutes of America, broccoli is the number one cancer-fighting food. A 1997 study showed that sulforaphane from broccoli reduced cancer in lab animals by 60-80 percent. On top of this, one 1/2-cup serving of broccoli naturally provides approximately 90% of the daily requirement of vitamin A,

and precise mechanisms of action have not been determined in many cases.

Biochemistry

Cruciferous vegetables belonging to the genus Brassica contain an isothiocyanate compound called sulforaphane (refer to Figure 2). The potent chemo-protective effects of the sulforaphane as found in Salad can be attributed to its ability to regulate xenobiotic metabolism, the body’s carcinogen detoxification and excretion mechanism. In clinical studies, it has been discovered that sulforaphane as in Salad suppresses the activation of carcinogens that can alter DNA and thus promote cancer. If reactive oxidants are

the (α 1-6) bonds that make Brassica sugars so difficult to digest (refer to Figure 3). Hence, the full nutritional content of the cruciferous vegetables can be realized with less risk of gastric distress, bloating and gas formation.

Clinical Evidence

The cruciferous vegetables as a group have been found in numerous clinical studies to lower the risk of various cancers including those of the lung, bladder, cervix and prostate, as well as non-Hodgkin’s lymphoma. Further, these vegetables have even been shown

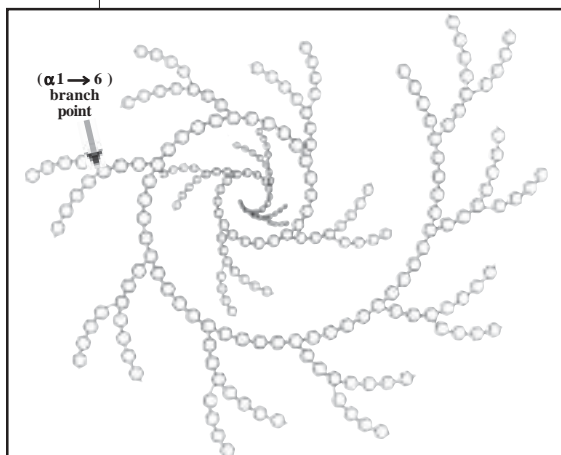


Figure 3. A Brassica oligosaccharide. Alpha-D-galactosidase in Salad breaks the (α 1-6) oligosaccharide linkages found in cruciferous vegetables. The smaller remaining segments are readily digested, thus releasing the food’s energy and nutrients for use.

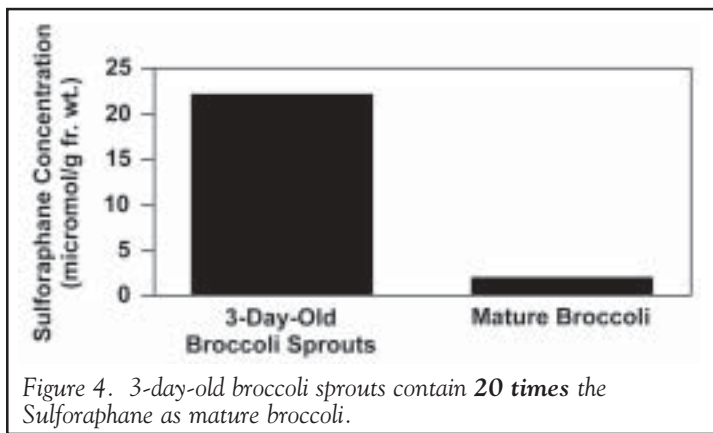


Figure 4. 3-day-old broccoli sprouts contain 20 times the Sulfuraphane as mature broccoli.

200% of vitamin C, 6% of niacin, 10% of calcium, 10% of thiamin, 10% of phosphorus, 8% of iron, and 25% of fiber.

Unfortunately, researchers have found that in order to reap the full anticarcinogenic benefits of *Sulfuraphane*, one would have to consume approximately two pounds of broccoli and other Brassica vegetables each week. Wysong Salad solves this dilemma by using 3-day-old broccoli sprouts, which contain at least 20 times the amount of *Sulfuraphane* found in fully developed broccoli (refer to Figure 4) or dehydrated cruciferous concentrates.

Among the many examples of beneficial Brassicas found in Salad is kale, which, in a study supported by the National Institute of Health, was discovered to contain abundant amounts of calcium in a form more absorbable and better tolerated than that found in dairy products. Further, kale is remarkably bountiful in beta-carotene and lutein, which function not only as potent antioxidants, but also to guard against diseases of the eye.

Cabbage, referred to as “the doctor of the poor” in folk medicine, is another phenomenal Brassica found in Salad because of its healing abilities and overall health-promotion. In a clinical study presented to the National Gastroenterological Association, it was shown that cabbage juice, in addition

to its sulfuraphane value, can be more efficient than drug therapy in treating various gastrointestinal problems, including stomach ulcers and chronic gastritis. Cabbage, as found in Salad, also possesses inherent antibiotic

attributes, thus making it a wholesome therapy for a variety of afflictions.

The Brussels sprouts in Salad are also rich in *Sulfuraphane* and were revered by the Romans, who dubbed them “bullata gemmifera” (diamond makers) for their ability to enhance mental dexterity.

The ingredients in Wysong Salad have a significant body of scientific research demonstrating their effectiveness in reducing the risk of cancer. A partial listing of scientific references substantiating the efficacy and safety of these ingredients follows this monograph.

Salad, as with all Wysong Foundation Formulas, is designed to enhance and complement the lifestyle and dietary guidelines in the Wysong Optimal Health Program. Taken alone, Salad will exert benefits, but these benefits will be greatly enhanced by the synergy of using it in conjunction with these other Wysong-designed programs.

Additionally, Salad should not be viewed as a pharmaceutical with which immediate powerful results may occur (often with a trade-off of powerfully dangerous side effects). Problems that may have developed in the body over decades cannot be expected to be resolved in a day or two. Restoring healthy balances in the body takes time and usually several weeks must pass before

results can be seen. Patience and commitment to an ideal of safe and natural nutrition is critical to long-term results.

Salad is carefully designed to be safe and to avoid excesses or imbalances. If taken with other Foundation Formulas, although they may contain some of the same ingredients, excesses above researched allowable limits will not occur. This also applies to taking Salad in conjunction with the Nutrient Support Formulas. Unique among supplement programs, all Foundation Formulas and all Nutrient Support Formulas can be taken simultaneously without exceeding safe limits.

However, intolerance to any food item, regardless of how natural it may be, can occur. This is why all Wysong supplements should be rotated as described on bottle directions and in the Foundation Formula guidelines. To avoid disrupting the balances designed into the Wysong supplement program and to prevent potential excess, it is not recommended that other non-Wysong supplements be taken in conjunction with this Wysong program unless specifically recommended by a nutritionally knowledgeable physician.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

SALAD™ SCIENTIFIC RESOURCES

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