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Natural treatment for disease

At the dawn of the 21st century, we are coming to grips with how our body communicates with itself. Nutritionists have long understood the energy value of carbohydrates, but it has only been in the last 15 years it has become apparent that certain carbohydrates (glyconutrients) are more



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important than just as a source of energy. In addition to essential amino acids and essential fatty acids, there are now essential sugars. These are made in minimal amounts and may not be enough in times of stress (mental, physical, or environmental).

Our energy carbs, sucrose (table sugar), glucose and starch (many glucose molecules joined together) are readily available in our diet. However, the following are not: fucose (found in several species of

mushrooms), manose (found in cranberry, pineapple and aloe vera), xylose (sugarless candies and gums), N-acetyl Neuramic Acid, N-acetyl glucosamine and N-acetyl galactosamine. These sugars are so important to our health that nature made sure we had them early in life from breast milk.

Our cells do talk to each other and these sugars are involved in inter and intra-cellular chemical transmission. They are attached to the surface membrane of the cells in a three-dimensional geometric form and control much of the cross talk.

Because of poor nutrition, toxins, stress, genetic abnormalities and abnormal metabolism, we may not have the needed quantity of these important sugars. When given the proper tools, the body will know how to heal itself and function properly. Just as a sperm that meets the egg will grow into a fetus, a thriving baby, then a mature, healthy adult. None of this takes any man's wisdom. It is programmed into our genes. Glyconutrients are an adaptor in that they help the body adapt to its particular health challenge. Essential sugars decrease overactive immune

disorders such as allergy, rheumatoid arthritis, lupus, multiple sclerosis, Crohn's disease, osteoarthritis, Alzheimer's and cardiovascular disease. They increase underactive immune disorders such as cancer, chronic fatigue, shingles, viral, bacterial and parasitic infections.

Although there have been several thousand research papers on these wonderful sugars, they are basically sold by proprietary companies. One such company is Mannatech Inc., at mannamiracles@yahoo.com. Some of these can be obtained in a pure form of xylose and manose at a health food store or in certain plants such as aloe vera, which is chock full of manose. Aloe vera, which is edible, is also known as a potent physician.

Notice

The Journal will no longer accept submissions for the Lifestyle section that are hand-written (cursive).

All items to be published will have to be typed or printed neatly and legibly.

It is difficult to read hand-written materials.