

Stress and Depression Relief

Natural Nutrition for the Brain

For the last ten years, more than 600 American hospitals, clinics, drug and alcohol treatment centers have experienced tremendously successful, safe results with beCALM'd™ (Patent No.4,761,429 others pending), It was given to pilots flying combat missions in Operation Desert Storm to relieve stress and increase their mental clarity with great success. beCALM'd is now available to the general public.

* Helps Prevent Stress Damage

* Helps Relieve the compulsion to Drink Alcohol

* Helps Relieve Depression Through Nutrition

* Helps eliminate the need for medication in over 50% of ADHD patients who used beCALM'd

* Greatly Enhances Weight Loss

* Helps Increase Concentration and Focus

Completely Documented in Medical Studies and Scientific Journals,

“Stress does not just grip us and let go. It changes us. It alters our bodies and our brain.”

Psychology Today,
Vol 29, Jan/Feb 1996



beCALM'd™

Nutritional Therapy for the Brain, the Safe Natural Alternative to Drugs

Everyone has stress. No big deal. We'll slow down one of these days. We just don't realize how serious stress can be.

If asked, "What is the greatest medical problem of the century?", most would reply cancer, or heart disease. In fact, it is stress. Studies by the American Medical Association have shown stress to be a primary factor in over 75% of all illnesses treated by the medical profession today.

With the billions spent on medicine and medical treatments, we are fast becoming a society dependent on pharmaceutical drugs that commonly mask over the real problem.

Research linking stress to a variety of physical diseases has been the subject of no less than 20,000 scientific studies.

WHAT DOES STRESS DO?

Stress depletes the brain's message sending chemicals known as neurotransmitters. Neurotransmitters actually communicate every impulse, every thought you have, from one part of the brain to another.

At some point, because of stress, addiction or other dysfunction, the brain literally runs out of these chemicals.

This creates a communication grid lock within the brain and starts a chain reaction of damaging effects.

HOW DO OUR BODIES RESPOND TO STRESS?

Your body responds to emotional stress the same way it responds to

physical danger: an alarm is triggered. Adrenaline races through the body, commanding a series of physical changes. The heart immediately beats harder, so your blood pressure abruptly rises. Blood is shunted away from vital organs to the muscles. High energy fats are rushed into the blood stream for energy and chemicals are released to make the blood clot move quickly in case of injury.

This is very useful when facing mortal danger (fight or flight), however, today's modern stress is of a different nature. We neither fight anything nor do we run. We sit in our cars or at our desks, boiling in these chemicals our bodies have released.

We don't do physical battles; we have mental battles with freeway traffic, unending meetings, governmental agencies, deadlines, finances, our jobs, and the list goes on. This constant biochemical pounding on the body is like slow poison.

The human body has now had millions of years to evolve and develop a suitable response to modern mental stress. We experience anger, fear, lack of sleep, irritability, anxiety, depression, insecure feelings, and more. The constant release of chemicals, like adrenaline, chip away at the immune system, opening the way for cancer, high blood pressure, heart disease, gastrointestinal disease, asthma and dozens of other problems.

HOW DOES YOUR BRAIN RESPOND TO STRESS?

Any type of stress can cause the brain's chemical levels to diminish. This creates a sense of urgency in an

individual. Many people find relief from these feelings from an artificial opioid that is released by alcohol or other drugs.

Low opioid levels automatically cause an increase in dopamine. This creates a feeling of alertness and anxiety. Continued dopamine release causes emotional fatigue. The greatest natural dopamine release happens at the moment of sexual climax.

Low opioid levels also causes the lowering of the GABA* levels. When this occurs, feelings of anxiety, insecurity, and panic are felt. The most obvious feeling is deep depression.
*(Gamma Amino Butyric Acid)

Low GABA levels cause an increase in norepinephrine release. This encourages a quick, emotional response like anger, and discourages slower, deliberate, logical thinking. High norepinephrine increases the adrenaline level, the heart beats harder and the red corpuscle reserves flow into the blood stream. Energy sources, nutrients and oxygen are diverted from the organs to the muscle. This is where high blood pressure, strokes and damage to a number of pressure sensitive organs occur. The continued diversion of oxygen and nutrition away from the organs creates disease.

Low GABA levels also decrease serotonin levels, which makes sleep difficult to impossible. A person then has feelings of irritability and lack of rationality.

Normal Stress of Daily Living

Every day you experience stress. "Stress does not just grip us and let us go. It changes us. It alters our bodies and our brains.

Psychology Today. Vol 29, June-Feb '96

This chart will help you follow the complex stress response. EVERY time you encounter stress, a chain reaction begins and the Stress Cycle begins.

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Causes Opioid Levels to Diminish
Creates a Sense of Urgency

Lowered GABA

Feelings of anxiety, insecurity, unexplained panic, and depression are experienced.

Increased Dopamine

Feelings of alertness and anxiety rise. Emotional fatigue is created. These feelings add to the Stress Cycle

Increased Norepinephrine

Logic and deliberation diminish, creating an emotional response, anger or hopelessness. Adrenalin release is increased.

Decreased Serotonin

This leads to poor sleep or insomnia. Lack of sleep creates irritability and a lack of rationality.

Causes Opioid levels to decrease and the Stress Cycle builds upon itself

Oxygen and nutrients are diverted from vital organs to the muscles. Continued diversion starts the disease processes: high blood pressure, stroke, heart attack, cancer, plus....

With beCALM'dTM, The Above Brain Chemical Levels Are Maintained.

This works by supplying the necessary nutrients (precursors), to avoid the effects of stress. If these are present when needed, you remain relaxed, at peace, and maintain a sense of well being.

In the final analysis, one must stop the stress, stop the effects of stress, or stop living! The second one is the only practical one.

Interestingly, this second alternative is not a new miracle drug nor even a significant life-style change. It is additional nutrition. The human brain is capable of manufacturing the quantity of chemicals it needs IF the raw materials (precursors) are present. Today's commercial farming practices focus on quantity not the quality of the foods that are grown. Soils depleted of nutrients cannot provide the quality food we require for optimal health.

SO, WHAT IS THE SOLUTION

During the last 10 years a patented formulation of amino acids, vitamins, and minerals has been shown to enhance the appropriate brain chemical availability. 600 American hospitals, clinics, drug and rehab centers have experienced successful results. Double-blind, placebo, crossover tests were conducted and recorded by well known scientists, chemists and doctors. Did we hear about it? No, because it was written up in medical journals and in test and research documents that are not normally seen by the general public.

This formula, called beCALM'dTM, is now being made available to the general public! It prevents damage from happening. All other stress treatments treat the damage after it has happened. Health depends upon the importance we place on these two words.

WHAT WILL YOU EXPERIENCE AFTER TAKING beCALM'd?

Immediately, you will feel absolutely NOTHING! That's right. Others may see a change in you before you feel a thing. Soon, however, you will start sleeping better, you will be much slower to anger, you will feel more relaxed, at peace and have a sense of well being.

beCALM'dTM prevents depression by providing the brain with the necessary nutrients to produce and keep the opioid and GABA levels up. Once the opioid level is up, biological depression (depressed when you have no reason to be) is stopped. No matter what the situation is, a person will feel anxiety or depression if the GABA levels are down in the brain.

Most people trying to lose weight go on some type of diet program. Often eliminated dietary items are: milk, ham, cheese, and other amino acid containing foods. The lack of these nutrients causes them, through the stress cycle chemistry,

to crave these high caloric foods. In a two year study with 247 individuals who first lost down to their ideal weight, 60% of those taking beCALM'd gained back less than 50% of their lost weight. Over 40% gained back less than two pounds over the two years their weight was monitored.

Effects on ADD and ADHD

beCALM'dTM has dramatic results on children and adults with ADD and ADHD. Over 50% of all patients were able to stop taking all drugs completely.

In late 1991, an open study was begun. The results were startling. All of the patients in the study were taking a well known medication. In the first month, the patients did as well on the beCALM'd as they had on this medication. By the end of the second month, they were more symptom-free than could be remembered, and by the end of the third month, there

was little difference between half these patients and the general (non ADD) population. The other half either reduced their medication greatly or had no change.

Compulsion to Drink Alcohol

Current research reveals alcoholism in a new light - often a nutritional deficiency disease, often genetic in origin, involving the neurotransmitters that act as chemical messengers between brain neurons.

Eighty percent of all alcoholics are born with a deficiency in their opioid levels. They never produce enough opioids.

Alcohol produces compounds called "Tetrahydroisoquinolines" or TIQs. These TIQs so closely resemble opioids that they "trick" the brain into thinking the opioid levels are normal.

The more alcohol a person consumes, the more the brain is tricked into thinking the opioid levels are normal. When TIQs are present, the brain signals the

manufacturing cells to stop producing opioids. Now, more alcohol must be consumed-a vicious cycle. beCALM'd when used in conjunction with other means of support, will definitely make it easier for an individual to stay off of alcohol. (We could never make that statement unless we could back it up with 10 years of successful, documented results from alcohol and drug, rehab centers!)

Mental Performance

A renowned author on nutrition, has just written a book that covers specific foods to maximize mental performance.

Here are several quotations from this book: "No prescribed mind drug in widespread use in the United States addresses the cause of deficiencies in neurotransmitters. Most drugs only stimulate a temporary release of preexisting neurotransmitter stores and do nothing to increase the production."

"If the smart-nutrient intake of all Americans were optimal, the widespread use of psychotropic drugs designed to treat depression, anxiety, senility, and personality disorders would greatly diminish.

Neurotransmitters play a key role in controlling memory, mental energy, intelligence, sex drive, sleep, anxiety and mood every single day.

How much beCALM'd to take?

It depends on the person and how stressful their normal day is.

In most instances, 2 or 3 capsules a day is recommended. Taking beCALM'd on an empty stomach enables much greater portions to pass through the blood, brain barrier.

Anyone wanting to eliminate alcohol, should take 2 capsules upon awakening and maybe 2 more during the day and another 2 before bed, along with a good vitamin supplement. Along with these 6 beCALM'd capsules, drug and rehab' centers usually give patients 3 - 5 times the normal daily intake of vitamins for the first 30 days. Those who use support groups rather than a rehab' centers are recommended to take NeuRecover-DA for the first two months, as it has the vitamin loading contained within it.

You could never harm yourself by taking too many capsules, however, anything over 6 capsules a day will generally be wasted.

beCALM'd has been the nutritional combination of choice in over 700 hospitals, clinics and alcohol and drujg rehab centers.

The ingredients have been selected for a unique synergistic effect on the brain.					
Ingredient	Amount	Symbol	Ingredient	Amount	Symbol
d/l-Phenylalanine	300 mg	d/l-Phe	Calcium	50 mg	Ca
l-Glutamine	150 mg	l-Glut	Magnesium	25 mg	Mg
5HTP	5 mg	N.A.	Folic Acid	0.1 mg	(M)
			Vitamin B6	1 mg	(B6)
Neuro	Functions in	Deficiencies Can Cause	Ingredient/s Needed		
Enkephalin	Well being	Feelings of inferiority inadequacy, fulfillment	All of the above		
Serotonin	Emotional Stability	Lack of rationality irritability, sleep	5-HTP, Ca, Mg, (M)		
GABA	Staying calm	Anxiety, insecurity unexplained panic	l-Glut, (A), (B6)		
Dopamine	Pleasure, love, Good feelings	Inability to love, feel either pleasure or remorse	L-Phe, (A), (B6)		
Norepinephrine	Energy Drive	Depression and lack of drive, energy	l-Phe, (A), (B6)		

beCALM'd prevents damage before it happens