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# Cordyceps - The "Wonder Herb" since centuries ago...

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- Slows down ageing process
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- Increases energy level

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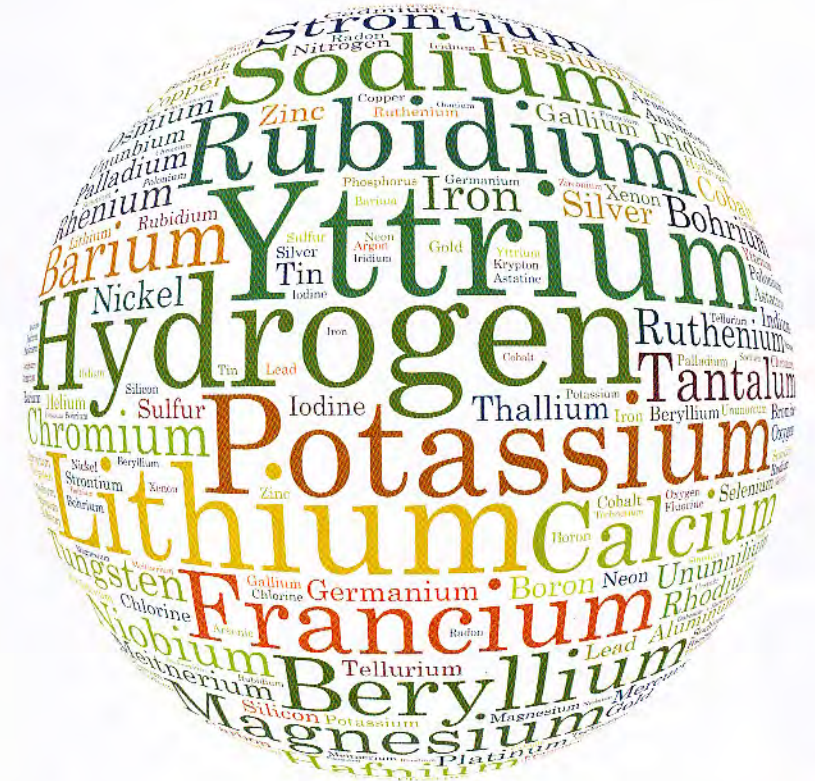


USED BY THE CHINESE OLYMPIC TEAM

# ALTERNI TIMES

ASIAN ALTERNATIVES, ENRICHED BY SCIENCE

August 2013 Issue



Wishing All

*Selamat Hari Raya &  
Hari Merdeka!*

"Help! There is **URANIUM**  
in my blood!!!"

Special story  
DNA Profiling

Reader's Voice  
My Journey with ALTERNI

IT'S IN YOUR  
**BONES**





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## Rajen Writes...

### “Help! There is Uranium in my blood!!!”

This is what a 62-year old cancer patient told me after I asked her to do her full blood mineral profile and revert back to me.

I told her that there was no need to be distressed as we all have uranium in our blood. In fact, we all have radium and the other so called “toxic heavy metals” like lead, mercury and arsenic in our blood.

Indeed, we have all the minerals found in the periodic table (Table 1) flowing through our bloodstream. What flows in our blood and makes up our bodies is what you get in the soil - which is all the natural minerals that found on this planet - useful ones like calcium and magnesium, toxic ones like lead and mercury, or radioactive ones like uranium.

There is one big but very important difference though: The state of the mineral determines whether it is useful, benign, or dangerous.

### States In Nature

It is as simple as this: Water exists in 3 states - gas (water vapor), liquid (water) and solid (ice). These states look and feel different but they are still the same water molecule - two atoms of hydrogen and one molecule of oxygen. Yet, water as steam drives a turbine and the same water as a large block of ice can even kill you!

All the minerals of the periodic table also exist in various states. We all know about the elemental state such as iron that is in an iron nail, or copper that makes up wiring in your car, or the gold in your wedding ring.

However, all these exist in nature as colloidal minerals - where they are smallest and have the highest energy. You may take them as the equivalent of the steam state of water. That is what living systems like your body thrive on.

Indeed, all illness and degeneration happens when your body does not get the right portions and amounts of the colloidal minerals.

### All The Minerals In The Periodic Table

## YES...

your body needs  
**uranium, radium, thorium,  
lead, arsenic, and even gold**  
as well as **silver** in order  
to give you optimal health.





Today's farming practices ignores the 84 other minerals found in soil but merely replace the 3 that is most needed... a formula called N-P-K - nitrogen (N), phosphorus (P), and potassium (K).

That is all farmers need to add to grow your green lush vegetables. Unfortunately, there are other 84 vital minerals which are not added. Slowly, the soil becomes depleted. We, who consume from the soil, become deficient and diseased.

To be healthy, you need all 87 minerals of Mother Nature in the most preferred state by your body - the colloidal state.

Indeed, the lady with cancer who was worried that she had uranium in her blood actually had too little! It seems that the lack of "rare earths" like uranium, radium, thorium and 15 others could actually affect the optimal functioning of the body and lead to diseases like cancer.

### From The Time Of The Dinosaurs

I actually told her to take colloidal minerals from a unique 150,000,000-year-old mine in Utah in the United States, derived from lush green vegetation from the time dinosaurs roamed the earth.

That was back in 2005. Believe it or not, her cancer actually went into remission and she is still very much alive today. I am sure it is not just the colloidal minerals that did this but it sure must have helped to feed the body with the all the minerals found in natural, rich and healthy soil.

When it comes to nutrition, it is truly ... from the earth we come and to the earth we must return.

*How are the minerals in your blood today?*



Table 1

**Elements of the Periodic Table**

	I	II									III	IV	V	VI	VII	VIII		
1	1 H																2 He	
2	3 Li	4 Be									5 B	6 C	7 N	8 O	9 F	10 Ne		
3	11 Na	12 Mg									13 Al	14 Si	15 P	16 S	17 Cl	18 Ar		
4	19 K	20 Ca	21 Sc	22 Ti	23 V	24 Cr	25 Mn	26 Fe	27 Co	28 Ni	29 Cu	30 Zn	31 Ga	32 Ge	33 As	34 Se	35 Br	36 Kr
5	37 Rb	38 Sr	39 Y	40 Zr	41 Nb	42 Mo	43 Tc	44 Ru	45 Rh	46 Pd	47 Ag	48 Cd	49 In	50 Sn	51 Sb	52 Te	53 I	54 Xe
6	55 Cs	56 Ba	* Rf	72 Hf	73 Ta	74 W	75 Re	76 Os	77 Ir	78 Pt	79 Au	80 Hg	81 Tl	82 Pb	83 Bi	84 Po	85 At	86 Rn
7	87 Fr	88 Ra	** Rf	104 Db	105 Sg	106 Bh	107 Hs	108 Mt	109 Ds	110 Rg	111 Cn	112 Nh	113 Fl	114 Mc	115 Lv	116 Uu	117 Uus	118 Uuo
8	119 Uun																	

\*Lanthanides

57 La	58 Ce	59 Pr	60 Nd	61 Pm	62 Sm	63 Eu	64 Gd	65 Tb	66 Dy	67 Ho	68 Er	69 Tm	70 Yb	71 Lu
----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------

\*\*Actinides

89 Ac	90 Th	91 Pa	92 U	93 Np	94 Pu	95 Am	96 Cm	97 Bk	98 Cf	99 Es	100 Fm	101 Md	102 No	103 Lr
----------	----------	----------	---------	----------	----------	----------	----------	----------	----------	----------	-----------	-----------	-----------	-----------

Alkali metals	Alkali earth metals	Lanthanides	Actinides	Transition metals
Poor metals	Metalloids	Nonmetals	Halogens	Noble gases

State at standard temperature and pressure

- Atomic number in red: gas
- Atomic number in blue: liquid
- Atomic number in black: solid

solid border: at least one isotope is older than the Earth (Primordial elements)

dashed border: at least one isotope naturally arise from decay of other chemical elements and no isotopes are older than the earth

dotted border: only artificially made isotopes (synthetic elements)

no border: undiscovered

The minerals that are hardly spoken about – the Rare Earths, Lanthanides and Actinides, are needed in very small amount and vital for optimal body functions.



Table 2

All the elements of the Periodic table are in your blood

Elements	mg 1 <sup>-1</sup> blood	mg 1 <sup>-1</sup> plasma	mg 1 <sup>-1</sup> red cells	atoms / red cell	Elements	mg 1 <sup>-1</sup> blood	mg 1 <sup>-1</sup> plasma	mg 1 <sup>-1</sup> red cells	atoms / red cell
Ag	0.024 G	0.004 G	(0.0510)	23000	N	33000	12000	51000	1.7 x 10 <sup>11</sup>
Al	0.32 G	0.44 G	(0.1600)	270000	Na	1990	3280	260	5.4 x 10 <sup>6</sup>
As	0.49	0.04	(1.1000)	700000	Nb		<0.01 L	(<0.01?)	<5000
Au	0.00004	<0.0025 L	(0.00004?)	10	Nd		<0.002 L	(<0.002?)	<700
B	0.13 A	0.17	(0.0770)	340000	Ni	0.038A	0.042	0.0490	40000
Ba	0.069 G	0.079 E,G	(0.0560)	19000	O	775000	848000	698000	2.1 x 10 <sup>12</sup>
Be	< 0.0001	< 0.004L	(<0.0001)	<500	Os		<0.0025 L	(<0.0025?)	<500
Bi	<0.01	<0.0006 L	(<0.0006)	<150	P	370	132	620	9.5 x 10 <sup>7</sup>
Br	4.6	3.9	(5.6000)	3.3 x 10 <sup>9</sup>	Pb	0.27	0.043	0.34	78000
C	94200	40500	166000	6.6 x 10 <sup>11</sup>	Pd		<0.01 L	(<0.01?)	<4500
Ca	62 G	99	6.3? H, I, J	7.5 x 10 <sup>8</sup>	Pr		<0.05 L	(<0.05?)	<17000
Cd	0.0074 A	<0.09	(0.0150)	6300	Pt		<0.04 L	(<0.04?)	<10000
Ce		<0.002 L	(<0.002?)	<700	Ra		<2 x 10 <sup>-12</sup> ?	(<2 x 10 <sup>-12</sup> ?)	≪1
Cl	2900	3950	1890	2.5 x 10 <sup>9</sup>	Rb	2.7?	1.2?	5.3?	3 x 10 <sup>9</sup>
Co	0.00033	0.00038 K	0.0015	120	Re		<0.002 L	(<0.002?)	<500
Cr	0.026?A,O	0.024	0.0200	18000	Rh		<0.004 L	(<0.004?)	<2000
Cs	0.0028	0.0031	(0.0028)	1000	Ru		<0.004 L	(<0.004?)	<2000
Cu	1.07	1.12	0.9800	730000	S	2040	1220	3600	5.4 x 10 <sup>9</sup>
Dy		<0.002 L	(<0.002?)	<600	Sb	0.0047	0.054 ? L	(<0.005?)	2000
Er		<0.006 L	(<0.006?)	<1700	Sc	0.075?	<0.03 L	(<0.14)	<150000
Eu		<0.004 L	(<0.004?)	<1200	Se	0.27 F, N	0.11	0.26?	160000
F	0.36	0.28?	0.43?	1.1 x 10 <sup>9</sup>	Si	4	2.5 C, M	4.1?	7 x 10 <sup>9</sup>
Fe	475	1.14	1110	9.5 x 10 <sup>9</sup>	Sm		<0.002 L	(<0.002?)	<600
Ga	0.00052	<0.006 L	(0.005?)	340	Sn	0.13?	0.033 ?	0.25?	100000
Gd		<0.002 L	(<0.002?)	<600	Sr	0.039?G	0.038 ? L	(0.040?)	22000
Ge		<0.03 L	(<0.06)	<40000	Ta		<0.006 L	(<0.006?)	<1500
H	98000	106000	87000	4.1 x 10 <sup>12</sup>	Tb		<0.0006 L	(<0.0006?)	<180
Hf		<0.002 L	(<0.002?)	<500	Te		<0.03 L	(<0.03?)	<11000
Hg	0.0065	0.003	0.0067	1600	Th		0.04 ?	(0.040?)	8000
Ho		<0.002 L	(<0.002?)	<600	Ti	0.026	<0.04 L	(<0.056)	<55000
I	0.063 D	0.077	(0.0440)	16000	Tl	<0.02	<0.0025 L	(<0.02)	<5000
In		<0.004 L	(<0.004?)	<1600	Tm		<0.0006 L	(<0.0006?)	<180
Ir		<0.0025 L	(<0.0025?)	<600	U	0.00055 B	<0.001 L	(<0.0011?)	<220
K	1690	170	3690	4.5 x 10 <sup>9</sup>	V	0.017 ?	0.010 ? P	(0.026?)	25000
La		<0.006 L	(<0.006?)	<2000	W	0.001		(<0.002)	<500
Li		<0.005 E	(<0.005?)	<30000	Y		<0.01 L	(<0.01?)	<5000
Lu		<0.0006 L	(<0.0006?)	<160	Yb		<0.002 L	(<0.002?)	<600
Mg	41	22	61	1.2 x 10 <sup>9</sup>	Zn	6.5	1.6	12.3	8.9 x 10 <sup>8</sup>
Mn	0.026	0.0029	0.0220	19000	Zr		<0.006 L	(<0.006?)	<3000
Mo	0.0041F		(<0.008)	<5000					

Elements in mammalia blood, plasma and red cells

# Higher Colloids™

**NEW Arrival!**

75 million year old mine  
**LIVE EARTH MINES**  
Utah, USA.



250ml

450ml

From the world's **most purest and oldest** colloidal mineral source...

- More than 70 Colloidal Minerals
- Full spectrum of all minerals found in nature
- Colloidal minerals are minerals that are most highly absorbed and used by body:
  - ✓ Only small quarters are needed
  - ✓ Very effective in small dosages
  - ✓ Completely non-toxic



## Reader's Voice

# My Journey With ALTERNI

By Ms. Tung Siew Mei, Penang

It was more than ten years ago when I was first introduced to **ALTERNI** where Dato Dr. Rajen M. was invited to my school to give a health talk. That was indeed a most enlightening talk and a turning point for my colleagues and I. We got to know more about alternative healing approaches to improve our overall health and not only that, a range of high quality, high efficacy and high absorption products!

I started by joining as a member to start receiving the newsletter, **ALTERNI TIMES** way back in 2001 when it was first launched. I initially bought supplements like **ORGANOS FRUITS** and **VEGIES** and also **ORGANOS GREEN TEA**. Later, when I developed some osteoarthritic pain in my joints and knees in 2005, I went through the newsletters that I received monthly and found that products like **MOO**® and **BONEX**® would help. The pain was so intense that I could not even climb up the stairs, so much so, that special arrangements had to be made for me to teach in a class on the ground floor. So, I started taking both **MOO**® and **BONEX**® dutifully daily till a colleague told me that I should try **BONEX**® Gold. Well, that was how I started on it and there was no looking back. Till now it is still my **No.1 daily health supplement**.

Sometime in 2007 I had a bad fall and my foot suffered some broken bones and torn ligament. I was told to rest for about a month and minimize my movements. The doctor also gave me some painkillers. Nevertheless, I continued taking **BONEX**® Gold without fail. In addition to that, I also started on **Turmerin** and later **NARCOX**®

to speed up the recovery process. Well, I was up and about in no time and request to revise this to "I am thankful" to avoid religious associations. that now I have much stronger bones and no more joint nor muscle pains! Colleagues who are also faithful consumers of **BONEX**® Gold boast of much improved bone densities that even amaze the doctors!

This somehow further boosted my confidence and trust in **ALTERNI** products. I have added **HEAL PROTEIN**™ and **Virgin Coconut Oil** to my list of health supplements. I may also be starting on the newly launched product, **Cordyceps**, the "Wonder Herb" soon.

Thank you **ALTERNI** for granting me a better quality of life.

### SHARING

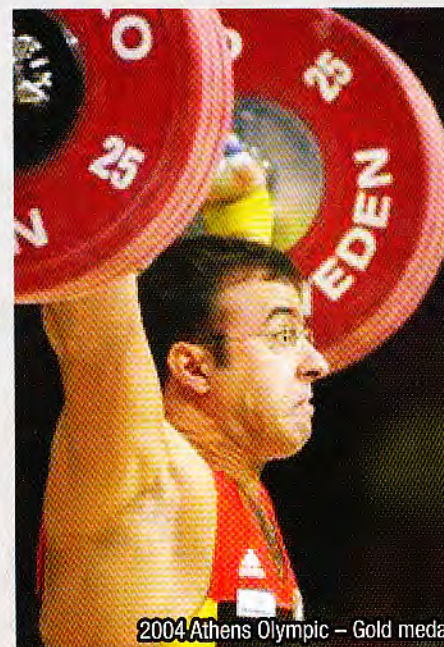
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This **Olympic Gold Medal Weightlifter** was told he would **NEVER** lift again because his knees were too worn out, until....

## OLIVER CARUSO

Medal-winning German weightlifter

Oliver Caruso had won an Olympic bronze medal at the 1996 Atlanta Games. But he had to undergo a hip operation and the doctors told him: "**You can never take part in weightlifting competitions again.**"

But a determined Caruso came to know about Gelita, **the German company that manufactures Collagen Hydrolysate**, the

raw material for **BONEX**® Gold. Caruso started taking Collagen Hydrolysate to strengthen his bones and cartilage.

And what a remarkable comeback Caruso made at the 2004 Athens Olympics. He lifted the gold medal with a 94kg snatch, and won the bronze in the clean and jerk with a 387kg effort.

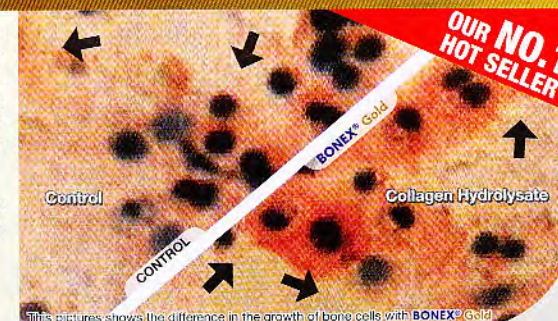
**BONEX**® Gold... Enabled A Remarkable Comeback!

### ALTERNI RECOMMENDS

**BONEX**® Gold is a unique formulation that works cohesively to prevent joint and bone degenerative diseases, and also treat osteoarthritis and rheumatoid arthritis. What's even more reassuring is that all the benefits of **BONEX**® Gold have been clinically tested and proven.

Malaysia's **FIRST** full bone formula with a unique combination of collagen hydrolysate from bovine hide skin and real calcium from milk extracts.

Available in 3 flavours:  
Vanilla, Hazelnut & Green Tea





## Know Your Body

# What is Tongue Diagnosis in Chinese Medicine?

Published on Oct 28, 2012 in Chinese Medicine



Tongue diagnosis is a very traditional and effective method which has been used to diagnose diseases for over two thousand years. Knowledge of tongue diagnosis is one of the unique qualities of Traditional Chinese Medicine (TCM).

It will be a very interesting topic for you to understand how the tongue is a mirror of the body.

### Construction of the tongue and how the tongue is related to the body and internal organs

#### i. The body of the tongue

The body of the tongue is mostly made of muscle. The normal tongue body should be flexible, the colour a fresh red (not too dark, too red or pale), have suitable moisture (not too dry or wet), the shape of the tongue should be suitable to the mouth size (not too puffy or narrow).

The colour of the tongue is linked to the stomach and spleen, a healthy digestion will show a nice fresh redness of the tongue. It is also linked to the circulation from the liver and heart. The shape of the tongue is associated with the functioning of the spleen, kidney and liver.

Different regions of the tongue are related to different parts of the body, internal organs and channels.

- The tip of the tongue - related to the heart, lung, chest and upper back
- The sides of the tongue - related to the liver, gallbladder, side of the body, outside and inside of the legs, side of the head, face and neck and shoulders
- Middle of the tongue - related to the digestion system, stomach, spleen, abdomen area, middle of the back
- The back of the tongue - related to the kidneys, urinary bladder, some sexual organs, lower back, lower abdomen, both legs
- Under the tongue - related to the kidneys

Because of the relationship between the tongue and the body, your Chinese medicine practitioner can get valuable information about changes in the body and internal organs by observing your tongue.

#### ii. Coating of the tongue

The tongue coating is the layer over the tongue. A normal healthy coating should be white, thin, and allows the tongue body to be seen through the coating.

Did you know that the coating of your tongue changes according to your health? For certain bodies or certain cases the coating may change every week. It depends on the condition of the body's health.

- The digestive system (more or less stool retention)
- The lung (more or less phlegm)
- The circulation (toxins and blood clots, more or less coating)
- The period, pregnancy and after labour

Please see below for specific examples of some relationships between the tongue coating and health conditions.

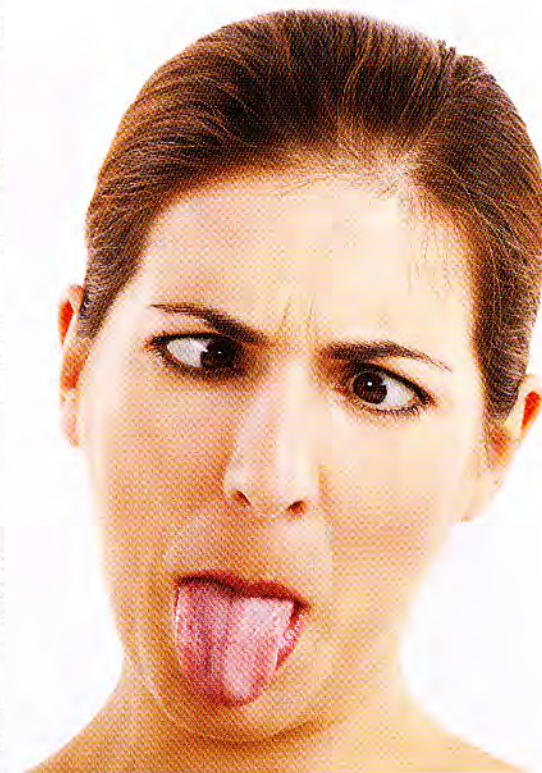
#### iii. The taste the patient may experience

The normal feel of the tongue is what we experience from food. We should not have a "funny" taste in our mouth with or without food.

Sometimes, people may experience an abnormal taste when there is a disorder of the internal organs.

### Examples of the relationship between the tongue and body / organ disorders

TCM practitioners check the tongue, not only to find out which internal organs may be abnormal, but also to see the history and constitution of the body in relation to issues that may be arising.





**i. Red coloration of tongue**

This symptom indicates that the body has excessive heat. The body may have some of the following accompanying symptoms such as, body feels hot, easy to perspire, red face, takes time to fall asleep or vivid dreams, constipation, pungent dark stool, hunger (eats more), very emotional (easy to get anxious) or period comes earlier. Some may have the following disorders, hyperactive thyroid, high blood pressure or menopause.

**ii. Pale tongue**

This indicates that your body has a lack of digestion, Qi, or experiencing a blood deficiency. You may have some of the following symptoms such as lack of energy, pale face, dizziness (especially upon standing), short of breath, sluggish bowel movement, bloating after eating, scanty period (one or two days), little or no milk production after labour. These people may also have the following disorders: low blood pressure, anemia or infertility / frequent miscarriage.

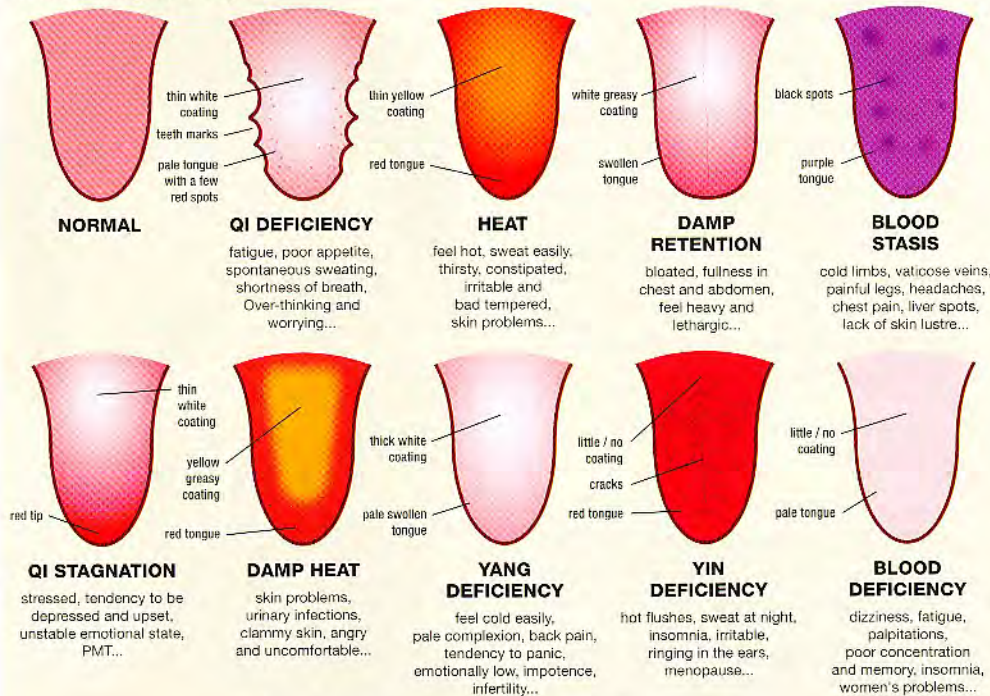
**iii. Purple / dark tongue**

This indicates that the liver and heart have a functional disorder and there maybe a lack of circulation due to blood clots (you may have an old injury). Usually you may have the some of the following symptoms such as body aches / pain, joint, neck and shoulder stiffness and pain, chest pain, headaches or period pain with blood clots and brownish bleeding. These people may suffer the following disorders such as endometriosis, polycystic ovaries, migraine, arthritis.

**v. Narrow tongue with less moisture**

This indicates that the body's has Yin weakness (not enough fluid). You may have some of the following symptoms such as insomnia, vivid dreams, hot flushes, constipation, dry skin, thirsty, heart burn or hunger. These people have the following disorders such as hyperactive thyroid, menopause, high blood pressure, depression, anxiety or gastric ulcer.

**Which tongue are you?**



**Nine Common Syndromes & Possible Symptoms**

**iv. Swollen tongue with teeth marks on the side**

This indicates that the body's spleen has weakened and the body contains excessive fluid. You may have some of the following symptoms such as body heaviness, puffy and heavy limbs, bloating, lack of energy, sluggish bowel movement, easy to gain weight or hard to lose weight, weight gain before period, puffy face and eyes in the morning. Persons experiencing these symptoms usually have the following disorders such as under-active thyroid, chronic fatigue syndrome, overweight or polycystic ovaries.

**vii. Uneven coating**

This indicates that your stomach and liver Yin are damaged. You may suffer from the following symptoms such as heartburn, stomach pain, not solid sleep, vivid dreams, dry skin, discomfort in the side of the body. These people may have the following disorders such as liver and stomach disorders or gastric ulcer.



### viii. Thick yellow coating especially in the middle of tongue

This indicates that you have lots of food and heat stagnation in your digestive system. You may have some of the following symptoms such as body heat, easy to perspire, body odour and bad breath, yellow urine, constipation, pungent or dark stool, passing lots of wind, bloating, red face, vivid dreams or nightmares or insomnia. These people may also suffer from high blood pressure, high cholesterol, diabetes or liver / gallbladder disease.

### ix. Sweet taste and greasy feeling to the tongue

This indicates a spleen disorder.

### x. Bitter taste

This indicates heart, liver and gallbladder disorder.

### xi. Salty taste

This indicates that there is kidney disorder or weakness.

Tongue diagnosis in Chinese medicine is an example of how the human body is interconnected, even a small part of the body can give important clues that reflect the whole condition of the body.

So, if you have any chronic health issues that cannot be solved, please visit your experienced Chinese medicine practitioner who will use tongue diagnosis to help solve your internal health issue.



Source: <http://www.qingminghealth.com/article/2292/what-is-tongue-diagnosis-in-chinese-medicine/>

## Product Feature Natural Remedies



## Reishi

(*Ganoderma lucidum*)

is known as Lingzhi in China, or "spirit plant." It's also been called "Mushroom of Immortality" — a nickname that kind of says it all. Reishi has been used medicinally in Asia for thousands of years. One of its more useful compounds is ganoderic acid (a triterpenoid), which is being used to treat lung cancer,<sup>20</sup> leukemia and other cancers.

The list of Reishi's health benefits<sup>21</sup> includes the following:

- Antibacterial, antiviral (Herpes, Epstein-Barr), antifungal (including *Candida*) properties
- Anti-inflammatory, useful for reducing symptoms of rheumatoid arthritis
- Immune system up-regulation
- Normalization of blood cholesterol levels and blood pressure
- Reduction of prostate-related urinary symptoms in men



Selling Price:  
RM82 / bottle of 60 capsules



## Learn More Turmeric

Turmeric comes from the orange-fleshed root of a plant native to Indonesia and Southern India. Turmeric has been used in India for thousands of years and is a major part of Ayurvedic medicine. It was first used as a dye and then later for its possible medicinal properties.

Turmeric contains volatile oils and curcumin (the compound responsible for the yellow / orange pigmentation) which have been proved to offer protection against inflammatory diseases comparable to modern drugs.

Curcumin is thought to be the main health - promoting compound in turmeric, and studies have shown that it is also a powerful antioxidant. The compound is also able to lower LDL (bad cholesterol) and increase HDL (good cholesterol).



### ALTERNI RECOMMENDS

**Q-SORB - The MOST POWERFUL** Natural Pain Management Solution. It is an effective solution for those who want to manage pain the natural way and a welcome alternative to all the harmful drugs and medication that cause adverse side effects.

- ✓ Developed with patented Belgian biotechnology called CCE 4800
- ✓ Natural anti-inflammatory with 1,000 times higher solubility
- ✓ Effective relieve of joint and muscular pain
- ✓ Protects cartilage from free radical damage
- ✓ Outstanding safety profile even in the long term

**Introducing**  
New Name & New Packing



## Healthy Eating Turmeric Yogurt Soup



### MAJOR NUTRIENTS PER 15 G/ ½ oz TURMERIC

Calories	24	Carbohydrate	4.4 g	Magnesium	13 mg
Total Fat	0.7 g	Fiber	1.4 g	Potassium	172 mg
Protein	0.5 g	Folate	225 mcg	Iron	2.8 mg

The warm spice turmeric contains healing properties as powerful as modern drugs in the fight against inflammatory diseases such as arthritis.

### SERVES 4-6

55 g/2 oz gram flour  
1 tsp ground turmeric  
¼ tsp chili powder  
½ tsp salt, to taste  
400ml/14 fl oz low fat natural yogurt  
2 tbsp groundnut oil  
750ml/ 1¼ pint water

### To garnish

½ tbsp groundnut oil  
¾ tsp cumin seeds  
½ tsp black mustard seeds  
½ tsp fenugreek seeds  
4-6 fresh red chillies, depending on how many you are serving

### Method

1. Mix the gram flour, turmeric, chili powder and the salt together in a large bowl. Using a whisk or fork, beat in the yogurt until no lumps remain.
2. Heat the oil in a heavy-based saucepan over medium-high heat. Mix in the yogurt mixture and then the water, whisking continuously. Bring to the boil, then reduce the heat to very low and simmer, still whisking frequently, for 8 minutes, or until the soup thickens slightly and doesn't have a 'raw' taste any longer.
3. Heat the oil for the garnish in a small frying pan. Add the cumin, mustard and fenugreek seeds and stir around until the seeds start to jump and crackle. Add the chillies, remove the pan from the heat, and stir for about 30 seconds, or until the chillies blister (if the chillies are fresh, they might burst and 'jump', so stand well back). Ladle the soup into warmed soup bowls, spoon the fried spices and oil over the top and serve.



**Introducing New Name & New Packaging**

# The MOST POWERFUL Natural Pain Management Solution

**Caged Curcumin Extract** is more than  
**1,000 times** absorbed.

- Joint and muscular pain • Inflammation and swelling •
- Arthritis or rheumatism • Body stiffness •
- Accident or sports injuries •

**Q-SORB is a powerful natural  
long-term pain relief solution.**

- Developed with a patented Belgian biotechnology called CCE 4800.
- Natural anti-inflammatory with 1,000 times higher solubility.
- Effective relieve of joint and muscular pain.
- Protects cartilage from free radical damage.
- Outstanding safety profile even in the long term.



## Health Buzz

### Car Air Conditioning

Ever wondered why your vehicle manual instructs you to roll down the windows to let out the hot air every time before turning on the air conditioner (A/C)?

**Please do NOT turn on A/C as soon as you enter the car.**

Open the windows after you enter your car and then after a couple of minutes, turn ON the A/C. Here's why: According to research, the car's dashboard, seats, a/c ducts, ALL of the plastic objects in your vehicle, emit Benzene, a Cancer causing toxin - A BIG CARCINOGEN. Take the time to observe the smell of heated plastic in your car when you open it, and BEFORE you start it up.

In addition to causing cancer, Benzene poisons your bones, causes anemia and reduces white blood cells. Prolonged exposure can cause Leukemia and increases the risk of some cancers. It can also cause miscarriages in pregnant women.

**The "acceptable" Benzene level indoors is: 50mg per sq.ft.**

A car parked indoors, with windows closed, will contain 400 - 800mg of Benzene - 8 times the acceptable level.

If parked outdoors in the sun, at a temperature above 60° F, the Benzene level goes up to 2,000-4,000mg, 40 times the acceptable level.

People who get into the car, keeping the windows closed, will eventually inhale excessive amounts of the toxic BENZENE. Benzene is a toxin that affects your kidneys and liver. What's worse, it is extremely difficult for your body to expel this toxic stuff.

Therefore, please open the windows and doors of your car to give it some time for the interior to air out - (dispel the deadly stuff) - before you enter the vehicle.





## Special Story

# DNA Profiling

## The FitGenes Pro - Active Health Programme

by Dr. Rajbans Singh

Every human is unique, even identical twins. Our uniqueness is underpinned by our genes as it influences everything from our height to eye colour to susceptibility to potential chronic conditions and diseases. In addition, our genes determine our body's response to the food we eat, therefore physical activity and lifestyle choices can have a strong influence on our health.

FitGenes was founded in 2007 via a strategic alliance between the principles of two companies involved in the health and fitness sector - Paul and Leigh Beaver, and Australian exercise professional of the year, Matt Patti. Through this cooperation, they had pioneered a new genre of nutrigenomics education for health practitioners by integrating genetics, nutrition and exercise physiology.

This cutting-edge genetic technology is backed by extensive medical research to design more personalised, strategic and targeted interventions for maximising a person's health potential. The FitGenes Pro-Active Health Programme combines nutrigenomics and personal genetic profiling to improve health and fitness, as well as target health related issues such as weight management and cardiovascular health.

Personal genetic profiling is used to determine variations in genes that directly influence our fitness, health and

nutrition. This genetic profile analyses 54 of the most potent genes and is divided into six different areas - Inflammation and immune system, cell defence, detoxification, cardiovascular health, fat metabolism and bone health.

For example, let's say an individual was found to have good variations in the inflammation area but bad variations in cell defence, this information may be used to adjust diet, exercise and lifestyle choices to suit the individual's unique set of genes.



**Dr. Rajbans Singh**

*Consultant Geriatrician*  
President, Malaysian Wellness Society

Dr. Rajbans Singh is a Consultant at Pantai Hospital, Bangsar and has started the Healthy Aging Centre in Pantai Group of Hospitals. This is the first in the country.

Now, he heads the Malaysian Wellness Society as its President. He has developed a course on 'Wellness and Healthy Aging' in collaboration with Open University Malaysia where the focus is on educating the public on preventive health, wellness and longevity.

Dr. Rajbans has a regular radio show every Thursday on Lite FM where he speaks on various health issues.

Nutrigenomics, on the other hand, is a new scientific discipline which studies the interaction between our genes, diet and lifestyle choices. It is true that we cannot change our inherited genes but we can compensate for their influence. Nutrigenomics is dedicated to translating the most recent genetic research into practical every day applications to maximise the potential for healthy living and ageing.

For those interested to get their genetic profiling, The procedure merely involves making an appointment with a certified nutrigenomics practitioner. You will need to fill out a form which asks about your lifestyle choices. The doctor will then take a swab from inside your mouth and send it for testing in Australia. In three weeks the doctor will receive the report and from there he or she will study your variations and personalise the right diet, exercise and lifestyle that you should follow.

Unfortunately, many do not know that bad genes only affects you when you are in your 40s. When we are young we tend get away with many things but when we touch 40 we go through changes which is when the bad genes attack us. Therefore prevention is the way to go especially when information regarding preventive medicine is readily available online and offline.

The FitGenes Pro-Active Health Programme can be designed to help you reach your desired health related goals such as strip fat scientifically and improve metabolism, improve cardiovascular fitness, enhance long term cardiovascular health, reduce inflammation, improve recovery and reduce injuries, increase energy levels, increase muscle tone, strength and mass, and optimise nutrition and detoxification.

With the FitGenes Pro Active Health Programme, you are not only empowered with the knowledge to treat diseases, but also to prevent them. When you know your genes, your compliance to a healthy lifestyle increases. I always say a person is made up of 60% lifestyle choices and 30%-40% genes so if I can put both together then I can age well and prevent disease. This is part of preventive medicine and it is the way of the future.





## Learn More

# 10 Health Benefits of Eggs (Part 2)

Malaysia's Top Nutritionist on Eggs

Source from Dr. JB Lim

Continued from last issue...

1. Eggs are great for the eyes. According to one study, an egg a day may prevent macular degeneration due to its carotenoid content, specifically lutein and zeaxanthin. Both nutrients are more readily available to our bodies from eggs than from other sources.
2. In another study, researchers found that people who eat eggs every day lower their risk of developing cataracts, also because of the lutein and zeaxanthin.
3. One egg contains 6 grams of high-quality protein and all 9 essential amino acids.
4. According to a study by the Harvard School of Public Health, there is no significant link between egg consumption and heart disease. In fact, according to one study, regular consumption of eggs may help prevent blood clots, stroke and heart attacks.

5. They are a good source of choline. One egg yolk has about 300 micrograms of choline. Choline is an important nutrient that helps regulate the brain, nervous system, and cardiovascular system.
6. They contain the right kind of fat. One egg contains just 5gm of fat and only 1.5 grams of that is saturated fat.
7. New research shows that, contrary to previous belief, moderate consumption of eggs does not have a negative impact on cholesterol. In fact, recent studies have shown that regular consumption of two eggs per day does not affect a person's lipid profile and may, in fact, improve it. Research suggests that it is saturated fat that raises cholesterol rather than dietary cholesterol.
8. Eggs are one of the only foods that contain naturally occurring vitamin D.
9. Eggs may prevent breast cancer. In one study, women who consumed at least 6 eggs per week lowered their risk of breast cancer by 44%.
10. Eggs promote healthy hair and nails because of their high sulphur content and wide array of vitamins and minerals. Many people find their hair growing faster after adding eggs to their diet, especially if they were previously deficient in foods containing sulphur or B12.

## Natural Remedies

# Free-range EGGS

## DON'T GET TRICKED!



Free-range eggs, also known as “kampung eggs”, have less cholesterol, less saturated fat, more vitamin A and E, higher content of omega-3 fatty acids and more beta-carotene. They have no traces of antibiotics or hormones. If they are kept warm over 21 days, the eggs will actually hatch.

Only available at **G15, Amcorp Mall**





E  
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D I N  
P I X Z  
U Z D T F  
D F N P T H  
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Reading is a joy only  
if your **eyes** are **good**...



**IRISTAL™ 10s** (worth RM11)

- 3 unique ingredients: Eyebright, Bilberry and Marigold
- Reduce the risk of central vision loss
- Improve vision clarity
- Maintain youthful eyesight
- Relieve eye inflammation and infection
- Strengthen night vision

**Editorial**

**It's in Your Bones**

*Contributed by Melvyn Lau*

Here's a little bone-chilling trivia for you: What forces more women aged above 45 years to spend more time on hospital beds compared to any other disease? Is it heart attacks? No. Diabetes? Try again. Must be breast cancer right? Nope. The answer is actually something seemingly more benign - hip fractures. More specifically, hip fractures associated with osteoporosis. The impact of this disease is widespread, with osteoporosis - related fractures predicted to affect 1 in every 3 women and 1 in every 5 men globally.

Apart from prescription drugs, one of the most well known of all prevention and treatment strategies are to take calcium supplements, which, together with vitamin D, help fortify our bones. Indeed, at the age of about 35 years onwards, bones start losing their mass at an average rate of about 1.5% per year, so this approach makes perfect sense - we replace whatever calcium that would be "lost" as we age.

**QUICK FACTS ON OSTEOPOROSIS IN MALAYSIA**



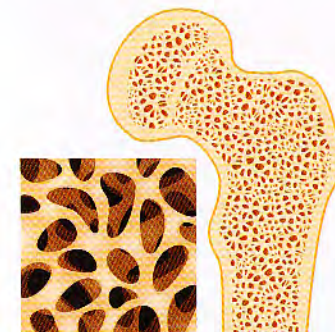
The number of hip fracture cases for men and women in Malaysia is 88 and 218 per 100,000 populations.



51.8% urban Malaysian women in her menopause age group (about 51 years) had mild osteoporosis.



direct hospitalisation cost for hip fractures in 1997 is estimated at least RM 22 million.

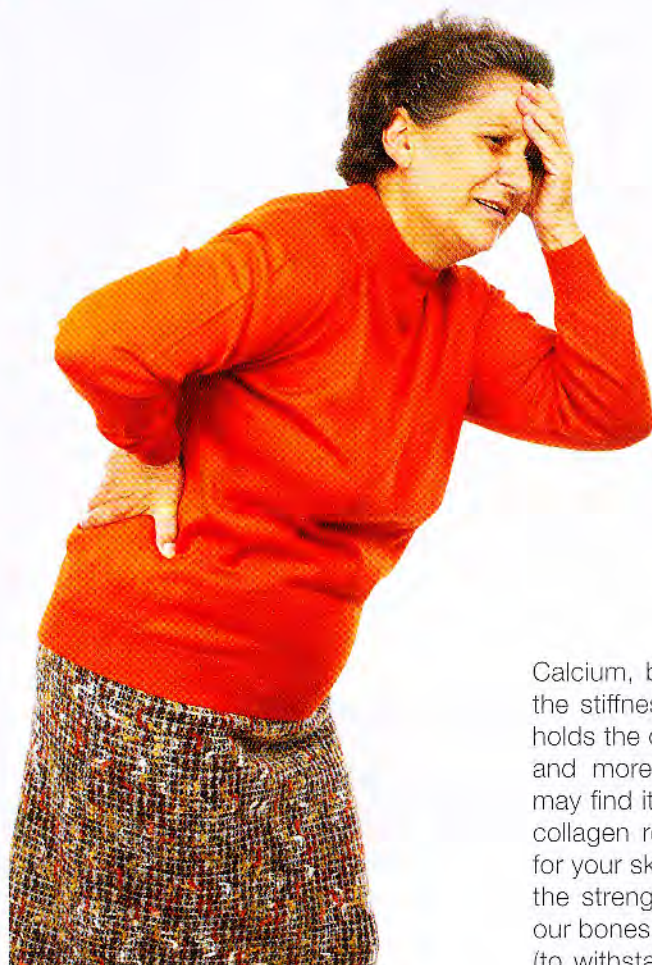


**HEALTHY BONE**



**OSTEOPOROSIS**

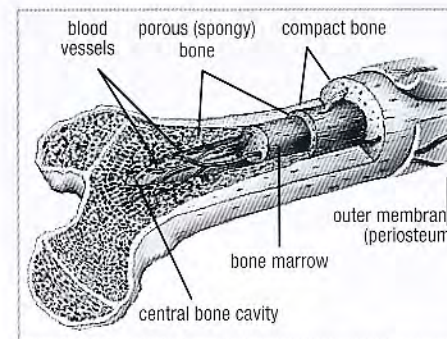




Statistics have shown that advancing age is a major risk factor for osteoporosis; but it is not the only one - a sedentary lifestyle, smoking, high caffeine consumption, even being a woman raises your risk of developing osteoporosis.

Calcium, being a mineral, determines the stiffness of your bones; but what holds the calcium together is proteins, and more specifically, collagen. You may find it odd to think that the same collagen responsible for the elasticity for your skin should be responsible for the strength of your bones. And yet, our bones do not only need to be hard (to withstand impact) but also flexible enough to withstand and absorb the forces we subject them to. To make this a little bit easier to understand: think of your bone structures akin to steel-reinforced concrete – with calcium acting as the concrete mix and collagen the grid of flexible steel reinforcement; thanks to the collagen networks in your bones, they are able to tolerate bending forces without snapping and breaking.

The usage of calcium treatment is tried and true, but it is equally helpful to remember that bones are not solid pieces made entirely out of calcium – they are living, dynamic tissues which are constantly in a state of being broken down and rebuilt internally. Those afflicted with osteoporosis have this delicate balance shift towards bone degeneration instead of bone regeneration, with dire consequences.



Your bones are not inactive solid pieces of calcium - if it were, it would make them terribly fragile.

A loss in bone minerals would also lead to a loss in bone collagen – and therefore it would be wise to consider maintaining the health of your bone's “steel reinforcements” (collagen). How do we achieve this? An investigation into the health effects of collagen hydrolysate may shed some light in this matter: studies have demonstrated that consuming collagen hydrolysate can improve the quality and strength of your bones, and the effect becomes more pronounced when paired with existing treatments in slowing down bone mass loss. Certainly more active studies are needed in this area, but the results so far appears very promising – and with Collagen hydrolysates being perfectly safe to consume, it makes it attractive as a complement to taking Calcium supplements.

## CALCIUM RESTORES BONE MINERALS, but COLLAGEN SLOWS DOWN ITS LOSS

It should always be understood that the combination of Calcium and collagen is not a magic fix-all solution to osteoporosis – regular exercise, maintaining a healthy weight, and having a diet rich in fruits and vegetables are needed together with supplements in slowing bone loss. Suffice to say, osteoporosis has received so much publicity in recent years regarding its negative impact to health that there is a tendency, perhaps, to develop a complacent attitude towards it. This bone degenerating disease should never be overlooked, as it is much easier to prevent osteoporosis than to treat it. Therefore, it is never too early to start developing healthy lifestyles and adopt approaches to prevent osteoporosis.

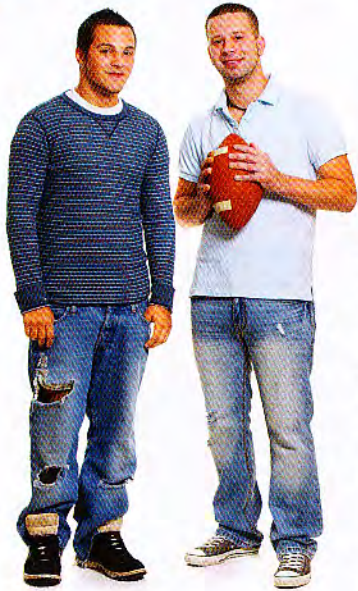
**Need more information on bone health? Or you know someone who has osteoporosis?**

Check out our website at [www.alterni.com](http://www.alterni.com) for more information related to this article.



## Loyalty Programme

**MEMBER** get  
**MEMBER**  
programme



## Good news for your **BROTHER!**

**Sharing is caring!** Refer your brother to join us, you can earn **extra 2,888 points** for you to redeem our products. Your brother will also benefit by **earning extra 1,000 points & FREE Welcome pack.**

*(Terms & conditions apply)*

**It's a Win-Win for both of you.** Think about all your family especially your brother who you know could benefit from being a member and how much more fun it would be to share your healthy tips with them.

Date: \_\_\_\_\_

### Member's Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

### Your Brother's Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

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Fax: **03-7965 2777** Customer Care Centre: **03-7965 2888**

Walk in to our retail at G15, Amcrop Mall, **03-7955 3666**

Why

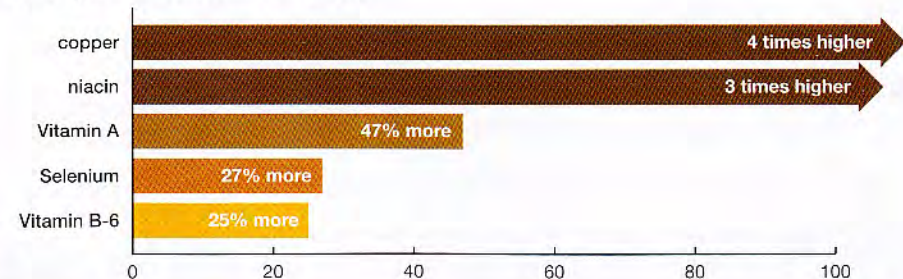
# Goat's Milk

*is better than cow's milk?*



- It's more digestible
- Low in calorie and fat content
- It's a good source of calcium
- Metabolism-Boosting
- Higher in Protein

### Great Source for a Variety of Other Nutrients in Goat's milk compared to Cow's Milk



\*Notes: Please always freeze your milk under 0°C to keep it fresh.



Giggles



Hearing Problems

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%.

The elderly gentleman went back in a month to the doctor and the doctor said, "Your hearing is perfect. Your family must be really pleased that you can hear again."

The gentleman replied, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!"

Top 5 Benefits of having Alzheimer's disease



5. You never have to watch reruns on television.
4. You are always meeting new people.
3. You don't have to remember the whines and complaints of your spouse.
2. You can hide your own Easter eggs.
1. Mysteries are always interesting.

TURN THE BOX OVER

As manager of an electronics shop, I ordered a part, number 669, from the factory. When it arrived, I noticed they'd sent me part 699 instead. I fired off an angry letter and sent it back. A few days later, I got the replacement. It was the same part, along with a note containing these four words: **Turn The Box Over**



Will this operation hurt me at all?

**Patient (to cosmetic surgeon):** Will it hurt me, doctor?  
**Surgeon:** Only when you get my bill, Mrs Brown.



A very interesting fact

**Doctor:** Did you know that there are more than 1,000 bones in the human body?  
**Larry:** Shhh, doctor! There are three dogs outside in the waiting room!



What should I do then?

**Patient:** Doctor, what should I do if my temperature goes up five more points?  
**Doctor:** Sell!



**ALTERNI** makes natural wellness even better with the fusion of internationally patented technology and natural ingredients based on Asian alternative healing approaches.

We firmly believe in the principles of alternative therapy without the use of synthetic drugs. **ALTERNI** manifests this through a complete range of tried and tested supplements.

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If you are unhappy with our products for any reason, just return it. We will replace it or give you a refund. We are here for your wellness and happiness.

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