

Why Natural vs. Synthetic?

Whenever we start with a Natural molecule, we are building on substances which nature has refined over thousands of years. These substances can be digested and metabolized by the enzymes in our liver and kidneys without any serious side effects. When we ingest synthetic substances our organ systems do not have the proper digestive enzymes to completely metabolize them, thus leading to many of the side effects we suffer from. Our mission is to introduce you to the world of natural pharmaceuticals and as such increase your quality as well as quantity of life.



Dr. Mayer Eisenstein, MD, JD, MPH is a graduate of the University of Illinois Medical School, the Medical College of Wisconsin School of Public Health, and the John Marshall Law School. In his 40 years in medicine, he and his practice have cared for over 75,000, children, parents, and grandparents. He is the founder of the Eisenstein Medical Centers, is Board Certified by the American Board of Public Health and Preventive Medicine and he is a member of the Illinois Bar.

Dr. Eisenstein has given vaccine choice to over 50,000 children, served over 75,000 parents, children and now grandchildren. He applies the principles of minimal pharmaceuticals to adult medicine with emphasis on natural supplements to control chronic illnesses such as: high blood pressure, high Cholesterol, muscle and joint pain, IBS Irritable Bowel Syndrome, GERD, heartburn, acid reflux, Metabolic Syndrome and other medical conditions.

His latest book, Don't Vaccinate Before You Educate (3rd edition) helps the public make a more informed decision about childhood and adult vaccines. Some of his many guest appearances include: "The Oprah Winfrey Show" and "Hannity".

Betten-Aid™



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Natural Pharm Source has formulated a unique natural treatment for immediate and long term relief from Acid Reflux, Heartburn, and GERD without reducing stomach acid. Betten-Aid is a combination of digestive enzymes and probiotics, sweetened with the natural sweeteners Stevia and Xylitol in a tasty chewable tablet.

In many cases this natural treatment can help reduce the need for drugs like Nexium®, Prevacid®, Prilosec®, Tagamet®, Rolaids® or Tums® without the side effects associated with these and other acid reducing agents.

Suggested Use: As a dietary supplement, chew 1 tablet, 3 times daily, with meals or as needed.

Supplement Facts

Serving Size: 1 Chewable Tablet
Servings per Container: 90

Amount Per Tablet	% Daily Value
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Non-Dairy Probiotic Proprietary Blend 2.5 Billion CFU	*
Containing L. acidophilus, L. casei, L. plantarum, L. rhamnosus, Bifidobacterium breve, Bifidobacterium longum	
Amylase 11,750 SKBU	*
Bromelain 180 GDU	*
Lactase 875 ALU	*
Lipase 5,500 LU	*
Papain 150,000 USP	*
Hemicellulase 115 HCU	*
Stevia 15 mg	*

* Daily Value not established.

Other Ingredients: xylitol, orange powder, carrot powder, citric acid, natural orange flavor, vegetable stearate.

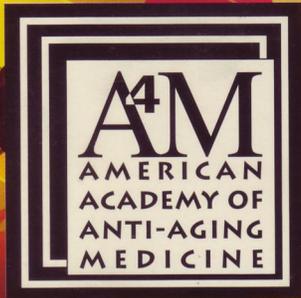


Dr. Eisenstein's Recommendations for Betten-Aid Use:

The enzymes and the probiotics in Betten-Aid are natural products which aid the body in digesting food, thus avoiding a variety of digestive problems. If you are experiencing digestive issues (i.e., indigestion, bloating, heartburn, acid reflux, IBS, GERD), take 1-2 tablets three times a day with meals.

For occasional heartburn take 1-2 tablets as needed. Chew slowly to get the maximum benefits. For chronic heartburn take one to two tablets with meals. For break-through discomfort take 1-2 tablets as needed.

If you are taking PPIs (Proton Pump Inhibitors: i.e., Nexium®, Prilosec®, Prevacid®, Protonics®, Aciphex®, etc.) YOU MUST WEAN OFF THESE MEDICATIONS SLOWLY TO AVOID REBOUND HEARTBURN OR REFLUX. Even missing one day of your PPI may precipitously cause severe rebound. Start taking Betten-Aid for a few days before you begin cutting back on your pharmaceuticals. After a few days take the pharmaceutical every other day, then every third day, etc. In addition, take two Betten-Aid tablets three times a day with meals. As you are slowly cutting back on your pharmaceuticals you may need to take as many as 10 or more Betten-Aid tablets daily to relieve your heartburn symptoms. Since there are no side effects to this natural treatment please don't hesitate to take additional tablets as you need them.



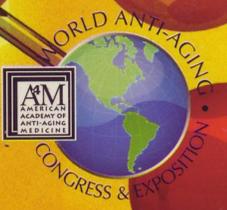
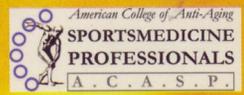
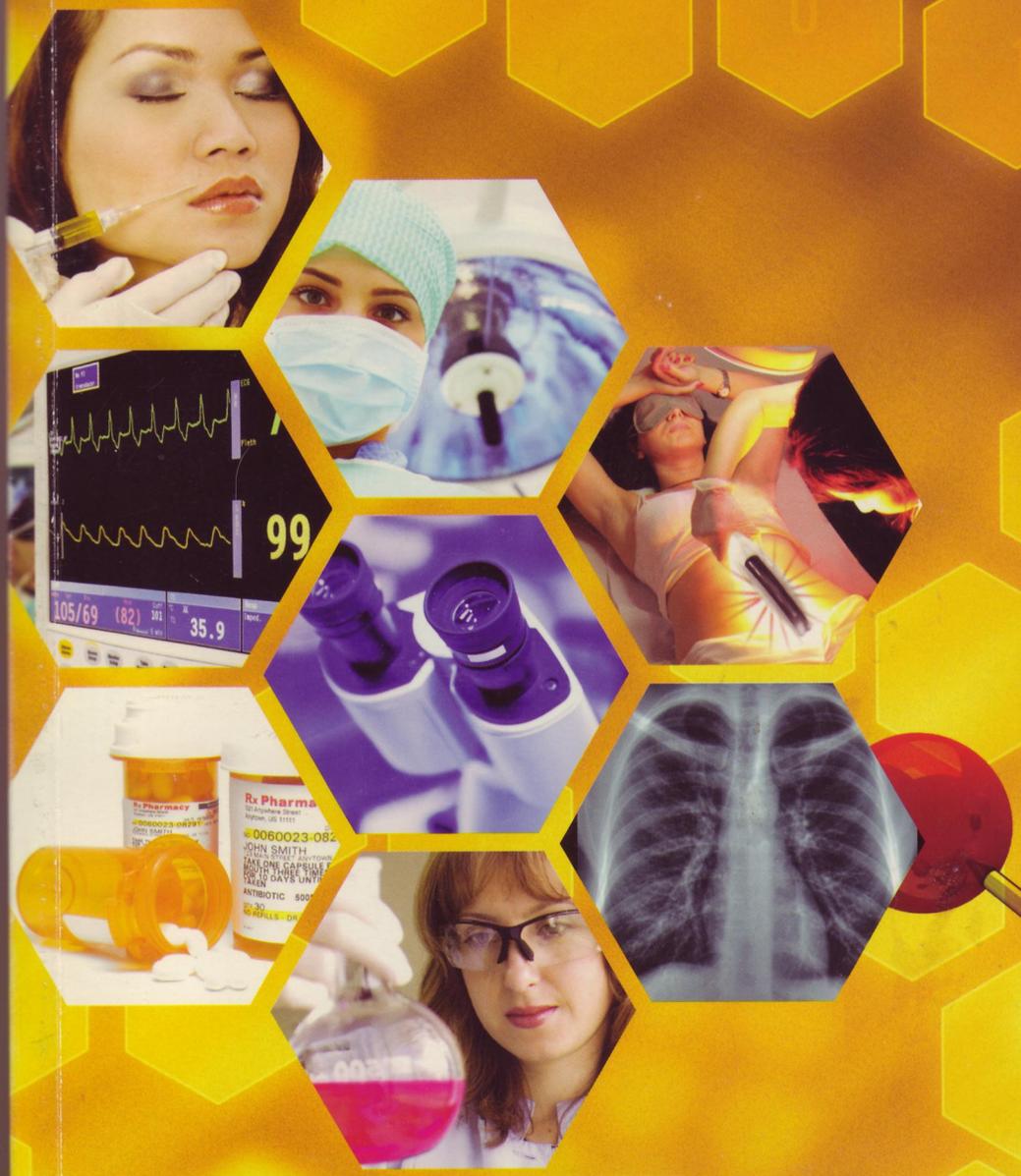
ANTI-AGING MEDICAL NEWS

SPRING 2008

OFFICIAL SHOW HANDBOOK

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Anti-Aging Medical News : Winner - APEX Award
 2003 & 2004: Excellence in Health and Medical Content
 2005 & 2006: Excellence in Conference & Meeting Materials
 2007: Excellence in Meeting & Event Materials

A New Paradigm for Acid Reflux: Do Not Reduce the Stomach Acid

By Mayer Eisenstein, MD, JD, MPH

Every day, 70 million people suffer from some form of digestive issue (heartburn, acid reflux, GERD, IBS, indigestion, constipation, diarrhea, abdominal pain, etc.). To relieve their symptoms people turn to Tums®, Rolaids®, Zantac®, Tagamet® or the more dangerous proton-pump inhibitors (PPIs) such as Nexium®, Prevacid®, Prilosec®, Protonics®, etc.

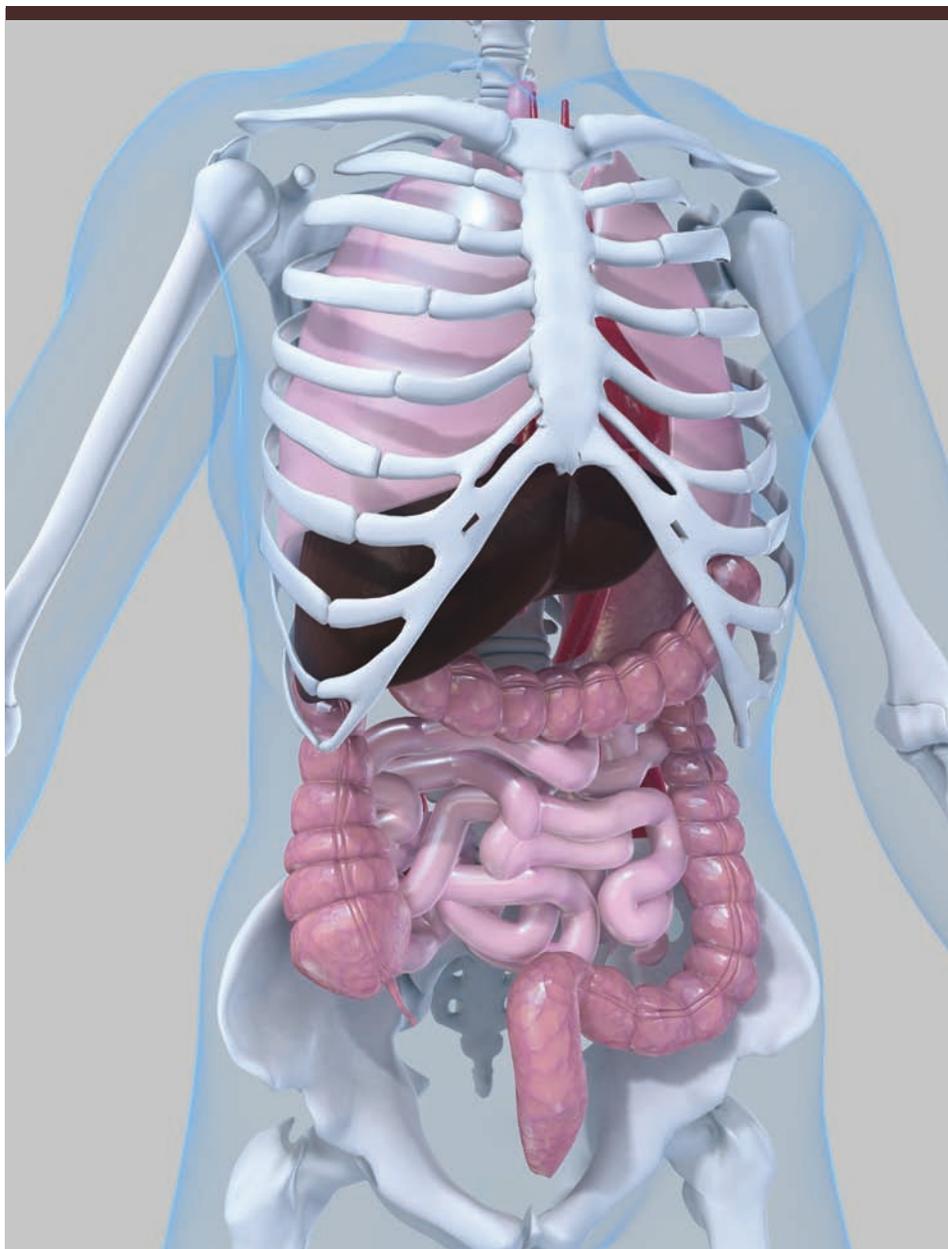
People over age 50 who take these proton-pump inhibitors for more than one year have a 44 percent increased risk of breaking a hip. PPIs inhibit the body from producing stomach acid. However, some stomach acid is needed to absorb calcium, which is needed for healthy bones. The inability to absorb calcium may be the cause of the increased risk for osteoporosis.¹

Mice treated with prescription PPIs such as Prilosec and Prevacid, which block acid production, acquired more bacteria and developed more inflammatory changes in their stomach linings than untreated mice.²

Pathogenic bacteria thrive in an alkaline environment; therefore, medications taken to reduce stomach acid could actually increase the risk of developing pneumonia. The incidence rate of pneumonia in those who took acid-suppressive drugs was 2.45 out of every 100 people a year. This was compared to 0.6 out of every 100 among those who didn't take acid-suppressive drugs.³

If you inhibit gastric acid production, you interfere with the stomach's natural defense mechanism. Reduced gastric acidity does appear to make the mammalian stomach more vulnerable to bacterial invasion, gastritis and osteoporosis. Therefore, physicians may want to re-evaluate the long-term use of acid-reducing medications in their patients.

continued on **next page**



Let food be thy medicine, and let thy medicine be food. – Hippocrates

WHY ARE THERE SO MANY DIGESTIVE PROBLEMS?

We do not digest our food properly for many different reasons. We eat too fast. We don't chew our food carefully (chew each bite 20 to 25 times). We rush away from the table right after a meal. We eat on the run or in our car. We overcook our food, thus destroying the natural enzymes. We drink too much liquid with our meals, washing the food into the stomach before the saliva can start to break it down (the saliva contains large amounts of digestive enzymes).

WHY NATURAL PRODUCTS?

Whenever we start with a natural molecule, we are building on substances that nature has refined over thousands of years. These substances can be digested and metabolized by our enzymes, liver and kidneys without any serious side effects. When we ingest synthetic substances, our organ systems do not have the proper digestive enzymes to completely metabolize them, thus leading to many of the side effects from which we suffer.

HOW TO REDUCE DIGESTIVE ISSUES WITHOUT LOWERING STOMACH ACID

Our body naturally produces digestive enzymes; however, it cannot naturally produce enough digestive enzymes to keep up with the typical Western diet, which is full of enzyme-depleted cooked and processed foods. This results in digestive-related health problems, which can frequently be remedied by the addition of digestive enzymes.

There is a long history of health claims concerning living microorganisms in food, particularly lactic acid bacteria (*Lactobacillus*). In a Persian version of the Old Testament (Genesis 18:8), "[Abraham] took curd and milk," Abraham may have owed his longevity to the consumption of sour milk. In 76 B.C., the Roman historian Plinius

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recommended the administration of fermented milk products for the treatment of gastroenteritis.

Scientific studies have demonstrated that a lack of healthy bacteria can lead to digestive issues such as acid reflux, heartburn, GERD, IBS, indigestion, constipation, diarrhea, etc. The scientific literature has documented that many of these problems can be reversed with the use of probiotics.⁴⁻⁷

The natural herb stevia grows in the rain forests of South America. The people of South America use it extensively as a tea-type beverage and as a sweetener for foods and drinks. In case reports, stevia seems to alleviate heartburn.

A NEW PARADIGM

Using the findings that probiotics, digestive enzymes and stevia have a beneficial effect on digestion and are natural products that have no side effects, the Homefirst® Physician Digestive (HPD) Trial was started. The formula used in the HPD Trial is: non-dairy probiotics (*L. acidophilus*, *L. casei*, *L. plantarium*, *L. rhamnosus*, *Bifidobacterium breve*, *Bifidobacterium longum*), plant-based digestive enzymes (amylase, bromelain, lactase, lipase, papain, hemicellulase) and the natural sweetener stevia in a chewable form. Preliminary findings show that in approximately 90% of the

1,000 patients treated, this formula eliminated dyspepsia without the need for acid-reducing pharmaceuticals,

This natural treatment of digestive enzymes, probiotics and stevia in a chewable form, which does not reduce stomach acid, should become the new paradigm for the initial treatment of dyspepsia before prescribing acid-reducing pharmaceuticals. ♦

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A NEW PARADIGM FOR ACID REFLUX –

DO NOT REDUCE THE STOMACH ACID !!

Let food be thy medicine, and let thy medicine be food

Hippocrates

Everyday 70,000,000 people suffer from some form of digestive issue (heartburn, acid reflux, GERD, IBS, indigestion constipation, diarrhea, abdominal pain, etc.). To relieve their symptoms people turn to Tums®, Roloids®, Zantac®, Tagamet®, or the more dangerous, PPIs [Proton Pump Inhibitors] (Nexium®, Prevacid®, Prilosec®, Protonics®, etc.).

People over age 50 who take these drugs [proton pump inhibitors] for more than one year have a 44% increased risk of breaking a hip. PPIs inhibit the body from producing stomach acid. However, some stomach acid is needed to absorb calcium, which is needed for healthy bones. The inability to absorb calcium may be the cause of the increased risk for osteoporosis.¹

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How To Reduce Digestive Issues Without Lowering Stomach Acid

Our body naturally produces digestive enzymes; however, it cannot naturally produce enough digestive enzymes to keep up with the typical Western diet, which is full of enzyme depleted cooked and processed foods. This results in digestive related health problems, which can frequently be remedied by the addition of digestive enzymes.

There is a long history of health claims concerning living microorganisms in food, particularly lactic acid bacteria (lactobacillus). In a Persian version of the Old Testament Genesis 18:8, "and he (Abraham) took curd and milk," Abraham may have owed his longevity to the consumption of sour milk. In 76 BC the Roman historian, Plinius, recommended the administration of fermented milk products for the treatment of gastroenteritis. Scientific studies have demonstrated that a lack of healthy bacteria can be one of the causes which lead to digestive issues such as: acid reflux, heartburn, GERD, IBS, indigestion, constipation, diarrhea, etc. The scientific literature^{4, 5, 6, 7} has documented that many of these problems can be reversed with the use of probiotics.

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ENDNOTES

1. Journal American Medical Association 2006;296: 2947-2953, "Long-term Proton Pump Inhibitor Therapy and Risk of Hip Fracture" Yu-Xiao Yang; James D. Lewis; Solomon Epstein; David C. Metz.
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7. Bassotti G, et al. "Colonic motility in man: features in normal subjects and in patients with chronic idiopathic constipation." Am J Gastroenterol, 1999; 1760 -1770.

BettenAid Reviews

- 1.
2. [Helps my belly feel better by morning! Fixes husband's heartburn & baby's indigestion.](#)
Review by Jim
3. I at times suffer from bloated belly due when I eat, especially when I indulge, particularly if I eat things outside of my normally healthy, vegetarian diet (too much dairy, especially gets me). It's only occasionally, but these are my fix! I can chew 1 tablet before bedtime and by morning my swollen, uncomfortable, churning gut is at ease and my digestive tract is very gently urged along, and I feel reset and relieved without any weird, drastic, violent, nasty side effects or unnatural stimulation to my GI system. I can even use these while pregnant/nursing without worry about harmful ingredients. My husband has taken them when he has heartburn (esp from soda, caffeine, or too much greasy fast food), and has had instant relief from a single tablet. This is one pleasant tablet in lieu of a typical handful of chalky tums... he's very picky and even he's been satisfied! We were originally introduced to these from a home first doctor for use with our infant son who had feeding/vomiting issues... in appropriate dose/portion they were even mild enough for him at an early age. Now the whole family has found a place for these in our natural remedy tool kit. I've recommended these to friends and family confidently. I just wish they weren't so outrageously priced. The cost is extreme!
4. [really helps as I'm older with less HCL for digestion](#) Review by tiramisu
5. Tastes very good in the chewables which I use.
6. [Perfect for pregnancy and infant](#) Review by Pregnancy
7. This was a lifesaver for my 3rd pregnancy. I took it 1-2 times per day, especially before bedtime when I would be lying down while I was pregnant. Unlike my first 2 pregnancies (when I stupidly took zantac and prilosec), I was able to end heartburn quickly or prevent it totally if I took Bitten Aid first. Now that I don't need it for myself anymore, I give it to my 4 month old (per Dr. Zumhagen's recommendation) to help prevent spitting up, clear up a mild case of cradle cap and eczema, and the probiotics help him in the digestion process too!!
- 8.

9. [Relief](#) Review by Krill

10. I was diagnosed with GERD 2 years ago and have been trying to get off the Rx PPI's because of the side affects I was experiencing without success because the reflux comes back 10 times worse. I am slowly weaning myself off the PPI by taking Betten-Aid and it is working. Thank you!

11. [Works Well!](#) Review by Anne

12. I have acid reflux and suffered with heartburn almost every day. I have been taken Betten-aid for about 3 months now and it has helped tremendously.

13. [Terrific product, really works](#) Review by Hillary

14. I've been using Betten-Aid for more than a year and I wouldn't be without it. I find it works well enough that if I take it 3 or 4 times a day for several days, then digestion is better overall for the next few days without taking any more Betten-Aid! I am gradually reducing carbs and that makes digestion better to start with; Betten-Aid takes care of digestion of heavier (high meat or fat) or spicier meals. I've recommended this to others and have gotten several other people started on it.

15. Would you recommend this product to a friend? Definitely yes

16. [A remarkable product!!](#) Review by Kim

17. I have been taking Nexium daily for the last 8 years. I never dreamed I would be able to stop taking the purple pill. Betten-Aid is a great natural product that works! It has been 7 weeks since I took Nexium, and I feel great! Thanks Dr. Eisenstein!

18. [a wonderful product](#) Review by Polly

19. Here's one for you. I suffer, emphasis on suffer, from RLS. My doctor gave me a perscription for the leading med. After reading the side effects I could not bring myself to take it. By accident I began to take a Betten Aid every night at bed time. I found that I was

not having RLS. Maybe it will work for others too. I love this product. I get the individualized packets so they stay fresh. Thank you Doctor Eisenstein.

[very little heart burn](#) Review by Polly

20. I had heart burn every day all day and it was miserable. I am not an abuser of food or drink yet I had it. I was given a prescription for prilosac full strength but I found this site just before beginning it. I began taking the Betten Aid and was helped with the very first one. After taking it for a week the awful heart burn was gone. No, I can't indulge myself but I never did. If I feel the burn coming back I just chew a Betten Aid and it is GONE!

I don't have to be concerned about it causing osteoporosis either. I highly recommend it.

21. [Excellent product](#) Review by Mystical One

22. I have had GERD for years and been on Protonix which works great but once you stop it comes back with a vengeance. Taking Betten-Aid has eliminated the need for Rx. Its safety it outweighs the cost.