

THE TRUTH BEHIND YTE AND AMINO ACID *Supplements*



Increase Energy Wellness Products

Angela K Wright MBE

The Truth Behind
YTE And Amino Acid
Supplements

By Angela K Wright MBE

"The best six doctors anywhere



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*Therefore, once we tend the root, the tree
as a whole will be healthy."*

~Deepak Chopra



"Long live the energy levels!"

"Running my own business can be stressful at times. Having been on these tablets for 2 months now, I feel very much in control of my personal and business life. Sleeping really well and much higher energy levels. Which means I can now enjoy daily walks with my fella and our 2 mad westies ! Long live the energy levels!"

Debbie W. - [Get Your Boom Back](#)

"In 2013 I was diagnosed with Parkinson's disease...YTE® restored my energy and balance! I continue using YTE® and recommend it to my patients."

" In October 2013 I was diagnosed with Parkinson's disease. When I was encouraged to try the food supplement YTE® I was intrigued. YTE® restored my energy and balance! Traditional medicine helped to a certain point - YTE® brought me to a higher quality of living.

"After a week using YTE® I felt a significant increase in energy. I felt stronger. Normal everyday tasks like carrying groceries, walking up stairs or simply going for a walk that just a few weeks ago felt like a struggle, were now much easier. The improvement has continued and I feel I have recovered at least 80 % of my functional level. I continue using YTE® and recommend it to my patients: I believe patients with neurological problems greatly benefit, also people suffering from lack of energy... people can experience many health benefits from taking YTE®."

Dr. Roald Strand, member of The Norwegian Medical Association (DNLF) and the American Academy of Environmental Medicine (AAEM) .

"Without question the effects are marked and far reaching"

"In doing the research, I was intrigued by something that had been around so long and had no detractors or any noted side



effects. I can now say without question that the effects of YTE are both marked and far reaching.

Chris Botosan, California

"The most well-researched, safe and effective natural anti-aging supplement"

"I can attest to the fact that it is the most well-researched, safe and effective, natural anti-aging supplement I have personally used in my almost forty years in the natural health field. I truly believe from my own personal experience that YTE is the 'Fountain of Youth' in a capsule form. I've never felt better in my life."

Lee Swanson, Age 55, North Dakota

"More energy, feel better and stronger"

"I have more energy and feel better and stronger than I have been for many years. I'm going to keep on using it as long as I feel this healthy and energetic."

Toralv M., Age 78, Norway

"More energy, power and sex!"

"My life has totally changed since I started taking YTE. I'm not only sexually active more often, but also have more energy and power in my everyday life. YTE has made me happier. The product is fantastic."

Trond M., Age 32, Norway

"Very glad to use this"

"No day is the same, and sometimes it is difficult to regenerate one's energy fast enough, especially where the level of activity has been quite high over a long period of time. Therefore, I was very glad to have been able to use Young Tissue Extract."

Ingrid Kristiansen, Norway. Former World Champion runner in the 5,000 and 10,000 meters



"More energetic, much more productive, don't get tired so quickly"

"Within ten to eleven days, I felt more energetic and much more productive. I have been sleeping better since then and don't get tired so quickly. My self-esteem has really increased."

John B., Age 51, Norway



"The greatest wealth is health."

~Virgil

1. Introduction



Originally I believed that everyone in a professional or commercial capacity was wholly committed to customers and progress. I've been in business for many years - since the age of ten and that was a few decades ago now - so I'm not naive.

My expectation was that when someone produces a product or a service, it would genuinely be for the customer's benefit. Now, I know that simply isn't the case. In fact, the more money that's involved, the harder it can be for people to give



up entrenched opinions, especially when those beliefs are worth millions or billions of dollars, pounds or whatever currency you use.

According to the World Health Organisation, the global pharmaceuticals market is worth US\$300 billion a year, a figure expected to rise to US\$400 billion by 2018.

The 10 largest drugs companies control over one-third of this market, several with sales of more than US\$10 billion a year and profit margins of about 30%.

source: <http://www.who.int/trade/glossary/story073/en/>

This is a lot of money. So there's a great deal at stake in terms of entrenched positions. No wonder there's not a lot of clarity and the truth is often "mis-spoken", to quote a Presidential Candidate.

Of course, the pharma industry isn't worth as much as the arms trade. Just to put it in perspective, over 1.5 trillion [United States dollars](#) are spent on military expenditures worldwide (2.7% of World [GDP](#)).[1] The combined arms sales of the top 100 largest arms producing companies amounted to an estimated \$395 billion in 2012 according to [Stockholm International Peace Research Institute](#) (SIPRI).[2]

source: https://en.wikipedia.org/wiki/Energy_industry

As we're talking about health here, it's worth a quick history lesson in pharmaceutical interests:

In the early half of the 20th century, petrochemical giants organized a coup on the medical research facilities, hospitals and universities.

The [Rockefeller](#) family sponsored research and donated sums to universities and medical schools which had drug based research. They further extended this policy to foreign universities and medical schools where research was drug based through their "International Education Board". Establishments and research which were not drug based were refused funding



and soon dissolved in favor of the lucrative pharmaceutical industry.

In 1939 a "Drug Trust" alliance was formed with the German chemical company I.G. Farben ([Bayer](#)). After World War II, I.G. Farben was dismantled but later emerged as separate corporations within the alliance. Well known companies included [General Mills](#), [Kellogg](#), [Nestle](#), [Bristol-Myers Squibb](#), [Procter and Gamble](#), [Roche](#) and [Hoechst](#) ([Sanofi-Aventis](#)).

The Rockefeller empire, in tandem with Chase Manhattan Bank (now JP Morgan Chase), owns over half of the pharmaceutical interests in the United States. It is the largest drug manufacturing combine in the world.

Since WWII, the pharmaceutical industry has steadily netted increasing profits to become the world's second largest manufacturing industry; [\[3\]](#), [\[4\]](#) after the arms industry.

The [Rockefeller Foundation](#) was originally set up in 1904 as the General Education Fund. The RF was later formed in 1910. Subsequently, the foundation placed it's own "nominees" in federal health agencies and set the stage for the "reeducation" of the public. A compilation of magazine advertising reveals that as far back as 1948, larger American drug companies spent a total sum of \$1,104,224,374 for advertising. Of this sum, Rockefeller-Morgan interests (which went entirely to Rockefeller after Morgan's death) controlled about 80%. [\[5\]](#)

So does any of that matter? Well, do you know about the connections between IG Farben & Auschwitz?

Auschwitz was the largest mass extermination factory in human history. Very few people are aware that Auschwitz was a 100% subsidiary of IG Farben. On April 14, 1941, in Ludwigshafen, Otto Armbrust, the IG Farben board member responsible for the Auschwitz project, stated to board colleagues:



"our new friendship with the SS is a blessing. We have determined all measures integrating the concentration camps to benefit our company."

Thousands of prisoners died during human experiments, drug and vaccine testing. Before longtime Bayer employee and SS Auschwitz doctor Helmut Vetter was executed for administering fatal infections, he wrote to his bosses at Bayer headquarters:

"I have thrown myself into my work wholeheartedly. Especially as I have the opportunity to test our new preparations. I feel like I am in paradise."

After WWII, IG Farben attempted to hide these facts through corporate restructuring and renaming. Most of the public has no idea that many of the men responsible for atrocities were able to carry on their work even after the end of the war. These men were in control of the large chemical and pharmaceutical companies, both well before and after Hitler.

The Nuremberg Tribunal convicted 24 IG Farben board members and executives on the basis of mass murder, slavery and other crimes. Incredibly, most of them had been released by 1951 and continued to consult with German corporations.

The Nuremberg Tribunal dissolved IG Farben into Bayer, Hoechst and **BASF**, each company 20 times as large as IG Farben in 1944. For almost three decades after WWII, BASF, Bayer and Hoechst (Aventis) filled their highest position, chairman of the board, with former members of the Nazi regime.

Bayer has been sued by survivors of medical experiments such as Eva Kor who, along with her sister, survived experiments at the hands of Dr. Josef Mengele. [6]

source: http://www.sourcewatch.org/index.php/Pharmaceutical_industry

So what has that to do with you?

Do you still trust those big corporations to have your health as their highest agenda? My Father always said to me that the



secret to success is getting good people around you. I don't think the men in the examples above qualify as "good".

Leaving aside the morals and ethics of men involved in the Nazi death camps, whenever huge sums of money are at stake, there are risks of corruption and deception. This is proven time and time again.

A new study by the watchdog group Public Citizen has found that the pharmaceutical drug industry is the biggest defrauder of government, surpassing the defence industry. The drug industry paid out nearly \$20 billion in penalties over the past two decades for violations of the False Claim Act. More than half of the industry's fines were paid by just four companies: GlaxoSmithKline, Pfizer, Eli Lilly and Schering-Plough.

source: <http://www.citizen.org/hrg1924>

On a simpler note, it's a fact that supplements including vitamins, minerals, botanicals, probiotics and prebiotics vary hugely in quality.

Working with biochemists, I uncovered that most people are duped by the ingredients in their expensive supplements.

I don't believe that's right.

It's time for transparency in terms of

- the right ingredients
- in the freshest, most natural forms
- the right combinations
- using the real dose referred to in clinical trials and tests.

Most supplement manufacturers do not disclose the quantity, source or quality of the ingredients. That can't be right. Only a tiny handful take every precaution including inspection and testing of source product, properly accredited manufacturing, random testing and certification. It's time you knew how to identify what will really benefit you.



That's how this book, **"The Truth About YTE® Amino Acid Supplements"** came about.

I believe you'll be shocked, surprised and even angry when you discover the information inside this book. I am privileged to both meet and work with many people who are far more clever than I - Doctors and other medical professionals, biochemists, formulators, farmers, manufacturers, soil and water experts, naturopaths and specialist practitioners, researchers and Professors.

Underpinning our quest for health is the growing volume of chronic illness.

Our food industry has been hijacked by processors and packagers - because that's where the profits are.

The world produces enough food to feed everyone: per capita food availability has risen from about 2220 kcal/person/day in the early 1960s to 2790 kcal/person/day in 2006-08, while developing countries even recorded a leap from 1850 kcal/person/day to over 2640 kcal/person/day. This growth in food availability in conjunction with improved access to food helped reduce the percentage of chronically undernourished people in developing countries from 34 percent in the mid 1970s to just 15 percent three decades later. (FAO 2012, p. 4)

The principal problem is that many people in the world still do not have sufficient income to purchase (or land to grow) enough food.

The target set by the Millenium goals was to halve the proportion of hungry people by 2015, starting in 1990. East Asia, South East Asia, Latin America and the Caribbean regions have met the goal.

The target set at the 1996 World Food Summit was to halve the number of undernourished people by 2015. Since 1990-92, the number of hungry people has fallen by over 200 million, from 991 million to 790.7 million but the goal of "just" 497 million has not been reached.



There has been the least progress in the sub- Saharan region, where more than one in four people remain undernourished – the highest of anywhere in the world.

Looking at the whole world, these facts are shocking:

- Globally 161 million under-five year olds were estimated to be stunted in 2013 (most recent figures available)
- Globally, 51 million under-five year olds were wasted and 17 million were severely wasted in 2013.
- Globally, wasting prevalence in 2013 was estimated at almost 8% and nearly a third of that was for severe wasting, totaling 3%.

If anyone thinks that's good enough and our current food system is working, think again.

source: <http://www.worldhunger.org/articles/Learn/world%20hunger%20facts%202002.htm>

According to a study published in "The Proceedings of the National Academy of Sciences" recently, the range of foods consumed has narrowed. The study's lead





author, Colin Khoury, says, "Most people...rely increasingly on a short list...for most of their food...relying on a global diet of such limited diversity obligates us to bolster the nutritional quality of the major crops, as consumption of other nutritious grains and vegetables declines."

Source: <http://www.nutraingredients.com/Suppliers2/Study-reveals-growing-global-reliance-on-handful-of-crops>

Just a handful of companies dominate the food industry. Food brands are controlled by just 10 multinationals including Kraft, Coca-Cola, General Mills, Kellogg's, Mars, Unilever, Johnson & Johnson, P&G and Nestlé.

It's not just the consumer goods industry that's become so consolidated. Ninety percent of the media is now controlled by just six companies, down from 50 in 1983, according to a Frugal Dad infographic from last year.

Likewise, 37 banks merged to become just 4 - JPMorgan Chase, Bank of America, Wells Fargo and CitiGroup - in a little over two decades, as seen in this 2010 graphic from Mother Jones.

source: http://www.huffingtonpost.com.au/2012/04/27/consumer-brands-owned-ten-companies-graphic_n_1458812.html?ir=Australia

The links between the big corporations - the banks, the arms trade, the pharmaceutical industry, the food industry - are all documented and real.

How can you know how to look after your health?

Like I said, there's a lot of money at stake. So don't think that your health and your family's well-being is top of their agenda.

Now, there's a lot of good resulting from business. After all, business is the only way to create prosperity, and without prosperity there's no peace. We all need increased wealth, prosperity and peace in the world. I'm a big believer in abundance and positive progress, optimism and opportunities. I'm not a conspiracy theorist or a pessimist.



What I am is a realist. And I believe in personal responsibility.

I'm just saying: be responsible for your own choices. Do your own research. Trust your own judgment.

Of course, no-one's forcing us to eat all that processed junk - but it's harder and harder to make sense of what's right. Multiple millions are spent on marketing, persuading us to choose one brand over another. While lack of information and downright misinformation makes it even harder to navigate the right path.

More and more people are taking charge of their own health, turning increasingly to food supplements. The dietary supplements accounts for \$50bn/year and is increasing.

People all around the world are choosing herbal and traditional supplements, especially if you are living in the US, China, Japan, South Korea, Italy, Russia, Australia, Germany, Taiwan, Canada and the UK.

If you live in Singapore, Hong Kong or Norway, you and your neighbours are using food supplements at an even faster rate of increase than the countries just mentioned. Wherever you look in the world, increasing numbers are using food supplements.

source: <http://www.nutraingredients.com/Suppliers2/A-global-look-at-supplements-on-the-rise>

So what's behind the quest for increased health? There's no doubt that chronic and acute illness ruins lives. And sometimes it's not necessary.

The more I've researched this field over the last 20+ years, the more shocked I am that simple good health is possible but not widely known.

You might trust the supplements industry more than the pharmaceutical industry, or vice versa. But know that the supplements industry is dominated by five firms, all household



names which are headquartered in the US. One of those is Pfizer.

source: <http://www.nutraingredients.com/Suppliers2/A-global-look-at-supplements-on-the-rise>

With that much money at stake, it's not surprising that profit margins are squeezed at the expense of the consumer.

Indeed, I personally know of one multimillion dollar food supplement MLM company (not one of the above) which started off well with quality amino acid ingredients then started reducing the active ingredient in its products until there was none left! None. As. In. Zero. But they're still marketing hard and the business continues to turn over multiple millions of dollars. That's hundreds of thousands of consumers being duped.

Another well known company selling amino acid supplements includes shark cartilage as an active ingredient.

An estimated 100 million sharks are killed every year, with fins from up to 73 million sharks being used in shark fin soup, which means 200,000 sharks are killed every day. Breaking that down even further, that's more than 8,300 sharks every hour, 139 sharks a minute, or two sharks every single second.

This has led to some shark populations declining by as much as 98% since 2000 and nearly one-third of open-ocean shark species are considered threatened, according to the International Union for Conservation of Nature.

source: <http://www.livescience.com/7240-alarming-decline-sharks-causing-species-vanish.html>

When one predator disappears from an ecosystem, others that eat the same prey usually take over and keep the balance of the ecosystem in check. But in this case, where not one, but all, of the top predators are rapidly disappearing, "you lose the resiliency and buffering capacity of one species to step in for another," study co-leader Charles Peterson of the University of North Carolina told LiveScience.



source: <http://www.livescience.com/7240-alarming-decline-sharks-causing-species-vanish.html>

The trouble is that the little fish then overeat. Phytoplankton are eaten by other larger micro-organisms, which in turn are eaten by fish, which are eaten by larger fish. Removing the sharks - as we have between 80-98% depending on which studies you look at - means that the population of the small fish sky-rockets and they eat all the food available lower down the chain. Take out the top predator and everything down the food chain goes extinct due to no population control.

source: <http://www.scientificamerican.com/article/phytoplankton-population/>

Most of Earth's oxygen comes from tiny ocean plants - called phytoplankton - that live near the water's surface and drift with the currents. Scientists agree that there's oxygen from ocean plants in every breath we take. Like all plants, they photosynthesize - that is, they use sunlight and carbon dioxide to make food. A byproduct of photosynthesis is oxygen. Phytoplankton contribute between 50 to 85 percent of the oxygen in Earth's atmosphere.

source: <http://earthsky.org/earth/how-much-do-oceans-add-to-worlds-oxygen>

Globally, low-oxygen areas have expanded by more than 1.7 million square miles (4.5 million square kilometers) in the past 50 years.

This phenomenon could transform the seas as much as global warming or ocean acidification will, rearranging where and what creatures eat and altering which species live or die. It already is starting to scramble ocean food chains and threatens to compound almost every other problem in the sea.

"I don't think people realize this is happening right now," says Lisa Levin, an oxygen expert with the Scripps Institution of Oceanography, in San Diego.



source: <http://news.nationalgeographic.com/2015/03/150313-oceans-marine-life-climate-change-acidification-oxygen-fish/>

And people are still putting shark cartilage in food supplements! You must be joking.

If you don't think that's shocking, I suggest you put this report down and go and watch TV. But if you want to know how to look after yourself properly, and not (literally) be fed a load of rubbish, keep reading.

Beneath most illnesses is inflammation. Inflammation is the body's way of fighting toxins and damage. But sustained, chronic inflammation has terrible results.

According to the respected US National Library of Medicine National Institutes of Health in their publication Pub Med, "Mounting evidence indicates that inflammation may play a significant role in the development of depression."

source: <http://www.ncbi.nlm.nih.gov/pubmed/21485745>

Globally, more than 350 million people of all ages suffer from depression which, according to the World Health Organisation, is the leading form of disability worldwide and a major contributor to the global burden of disease.

In the UK, about a quarter of the population experience a mental health problem every year, with depression affecting 1 in 5 older people. Self-harm statistics including suicide are incredibly high. According to the Wikipedia page for Countries listed by suicide rate the UK, the USA, Canada, Australia, New Zealand and South Africa all in the "top fifty" countries where account for suicide levels are 0.01% of deaths. That means for every 100,000 people, 10 or more will commit suicide each year.

Depression, Alzheimers, Parkinsons and other mental illness are often accompanied by suppressed immune systems, poor health and extreme tiredness. According to BUPA, around 250,000 people in the UK have chronic fatigue syndrome. In Australia, 150,000 people are estimated to suffer from this disease.



Depression, Anxiety and stress have become prevalent parts of our society, these disorders affect young adults and teenagers at a higher than any other age bracket. As well as mental disorders there are a number of dietary disorders such as obesity, heart diseases and diabetes. Though there are a lot of medical treatments for these disorders there is surprising little for preventative treatment. It's not easy to eat right and make sure you get the right vitamins and supplements but it is so important. The human body relies on a variety of chemicals to regulate energy, attentiveness as well as positive and negative emotions and your immune system, so it really is important to make sure you give it the right fuel. After all you wouldn't put diesel in a petrol engine.\

As a farmer's daughter, I've always had a deep respect for nature and understanding that we are all interdependent. The food we eat, the soil of our planet, our air and water, the plant life, minerals and creatures surrounding us... we are all one.

As an expression of gratitude for my country childhood, I created the award-winning Crealy Great Adventure Parks in the UK, to "recreate my country childhood" and "encourage increased respect for animals" - a place of "real magic and safe adventure". The chicks hatching in front of our visitors' eyes was always one of the magical highlights.

Recognising that our food plays such an important role in our wellbeing, for more than twenty years I studied medicinal and therapeutic foods, herbs, vitamins and minerals all around the world, with my own family as human guinea pigs.

Whether it was the discovery that half a dozen cherries a day cured my Father's chronic gout or the despair of my Mother discovering pancreatic cancer and departing this life within two short months, the knowledge that we need to know and act on the secret keys to good health locked inside our food has spurred me on to greater research and increasingly exciting discoveries.

In 2014 I flew around the world from Australia to Norway to see for myself the source of one of the world's most exciting nutritional answers. YTE® has a fascinating background and



what I discovered in the pristine Norwegian forests has inspired this book.

In 2015, further discoveries culminating from more than two decades of work by pioneering European Doctors, scientists, researchers and philosophers reinforces the realisation that, yes, finally, we really are unlocking the secret codes to protecting life.

This book is my gift to you to discover how to protect your and your family's health.



"Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity."

~World Health Organization, 1948

2. Which came first?



The chicken or the egg?

It's a question even older than the one about "Why Did The Chicken Cross The Road?"

What's more exciting is to consider which came first: the embryo or the food to create and sustain the embryo. And the answer is...

The essential amino acids and peptides are bursting with life within a potent generative cocktail prior to utilization by the embryo - and that's what can now, conclusively and exclusively, be harvested before the embryo can form. Equivalent to stem cells in many ways, more powerful in part and excitingly available in remarkable food supplements.

Human clinical studies published in the scientific journal Clinical Nutrition report that YTE®, is proven to significantly improve people's ability to tolerate acute mental stress, normalizes hormonal responses and has a positive effect on anxiety.

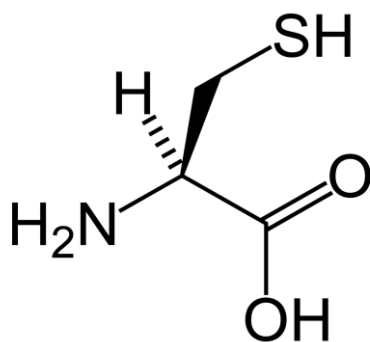


Another human clinical study accepted for publication, demonstrates that YTE® is an effective treatment in alleviating depression and acts as a powerful mood enhancer. Both studies are published in scientific articles in peer reviewed psychology journals.

The two clinical studies formed part of a large project of exploration: indications of a benefit in the treatment of depression and mood disorders were discovered in 1997, when a pilot study at the University of Denver revealed an improvement in depression as well as a reduction in the severity of adverse side-effects during medication for depression.

During the pre-embryonic development, 90% of the cholesterol is consumed within the egg itself, so that YTE® is virtually cholesterol-free and one of nature's most highly nutritious foods.

Many people are confused about the cholesterol question and in particular the cholesterol content of eggs. Yet it's not actually cholesterol which causes a problem. Pioneering nutritionist Adelle Davis provided that eating cholesterol-rich foods does not cause a buildup of cholesterol in the arteries or lead to heart disease provided that lecithin is present in the body. Lecithin is found in the healthy human body, concentrated in the brain. It is a fat emulsifier which plays a vital role in controlling and breaking down blood cholesterol levels.



The egg contains all the necessary elements for the development, nourishment, and protection of the life form that will ultimately spring forth from it. It is a natural, unprocessed food that contains all known vitamins (except Vitamin C), as well as important trace minerals.

Eggs are already recognized as perfect



protein foods because of their outstanding amino acid profile. Eggs are considered a “complete” protein due to containing all eight essential amino acids (protein constituents that the body can’t make on its own).

Eggs are especially rich in the sulfur-containing amino acid L-cysteine, which is essential for healthy skin and hair.



"He who takes medicine and neglects to diet wastes the skill of his doctors."

~Chinese Proverb

3. Food Supplements And The Law



I've been obsessed with understanding the importance of the quality of our planet's soil, water and the food we produce since I was in my teens. After more than four decades, thanks to incontrovertible scientific evidence, we know that human health is largely influenced by what we consume.

It's critical to avoid polluting our planet or our bodies. As they say in France, "You Are What You Eat".

That being said, it's a huge frustration within much of the world including the UK that it's actually illegal to associate food or food supplements with any tonic, medicinal or remedial



claims.

According to the letter of the law, food supplements cannot report on or refer to clinical trials, research or empirical evidence regarding benefits.

Furthermore, it is a criminal offence to say that food supplements can or might cure or assist with cancer. Though no singular food can help it's obvious to see how eating healthily and maintaining a well balanced diet would make a difference when fighting any disease.

It is illegal for any food, supplement or "alternative medicine" to claim that it aids in fighting cancer. Should you be considering any diet or supplement as either an alternative or conjunctive treatment make sure you consult you doctor or medical professional first. Personally, I believe in complementary health products and integrative medicine.

It seems crazy that, with more than 70% of pharmaceutical drugs originating from natural products, we're not supposed to recognize the clear health benefits or dangers from eating the right or wrong foods.

Many health professionals around the world, including a leading Doctor at the Royal Marsden Hospital, specializing in cancer treatments in the UK, now recommend, that as part of treatment, an organic, alkaline and gluten-free diet which is largely vegetarian, and comprising mainly of plants in the form of vegetables and sprouted grains with small quantities of nuts, seeds, berries, white meat and as far as possible eliminating processed foods, starch and sugar.

So-called "functional foods" are coming to the forefront globally despite restrictions on accurately describing benefits. For example, the digestive benefits of peppermint are well documented and scientifically proven but can't be claimed unless for a pharmaceutical product, in many parts of the world. Crazy.

The "paleo diet" is causing quite a rumpus, especially in



Australia where it is increasingly popular. The DAA (dieticians association of Australia) is largely funded by many of the big food industries - a bit like poachers running an anti-poaching organization, perhaps. Their advice is hopelessly outdated and completely at odds with latest scientific research highlighting the proven benefits of a diet low in acidic, sugar, starch and processed foods.

Source: <http://daa.asn.au/advertising-corporate-partners/program-partners/>

Foods that promote human health - 'functional foods' or nutraceuticals - have caught the imagination of the global food industry. All the household-name companies are developing them as a key driver in their global strategies. They see the prospect of new markets and bigger margins.

Source: <https://books.google.com.au/books?id=TwAQYw80PwoC&dq=illegal+to+make+health+claims+related+to+food>

Of course, there's not much profit in promoting unprocessed, high quality food compared to the "value added" profits of packaging cheap starch, synthetic sugars, industrially-farmed products filled with preservatives to give long shelf-life.

Similarly, GMOs enable much higher yielding crops for industrial-scale farming. Vested interests are protecting the ability to grow these against increasing public concern.

A major flashpoint in the ongoing public controversy over genetically modified organisms, or GMOs, is the question of whether foods with GMO ingredients should be labeled. Proponents of labeling argue that consumers have the right to know exactly what's in their food. Opponents argue that since there's no scientific evidence GMOs are harmful to human health, such labeling is potentially misleading. The USA Congress has just passed a bill that would prevent states from enacting laws instituting mandatory labeling. Unsurprising the food industry played a major role in the law's passage:



"The passage of the bill represented a huge victory for the food industry... which had lobbied for the ban. The industry complained that individual state standards would lead to confusion and costly compliance. But many in the food business also said any kind of mandatory GMO labeling requirement – even a single federal standard – was unfair, because it suggested that GMOs are not as safe or healthy as conventional food.

"Supporters of labeling decried the bill's passage as a blow to consumer choice and a usurpation of states' rights."

The food industry, like any other corporate lobbying group, pushes certain bills not out of the goodness of its heart but as a means of promoting profits. It certainly doesn't look good whenever a newly passed bill seems to serve the interest of a given industry.

Fruits and vegetables grown decades ago were much richer in vitamins and minerals than the varieties most of us get today. The main culprit in this disturbing nutritional trend is soil depletion: Modern intensive agricultural methods have stripped increasing amounts of nutrients from the soil used to grow the food we eat.

The same is true of meat, eggs and fish: the nutrients in meat, eggs and fish can only reflect the food fed to these creatures – and those foodstuffs are invariably of poorer quality.

A team of researchers led by Donald Davis from the University of Texas (UT) at Austin's Department of Chemistry and Biochemistry was published in December 2004 in the *Journal of the American College of Nutrition*. They studied U.S. Department of Agriculture nutritional data from both 1950 and 1999 for 43 different vegetables and fruits, finding "reliable declines" in the amount of protein, calcium, phosphorus, iron, riboflavin (vitamin B2) and vitamin C over the past half century.



Davis and his colleagues attribute this declining nutritional content to the preponderance of agricultural practices designed to improve traits (size, growth rate, pest resistance) other than nutrition.

"Efforts to breed new varieties of crops that provide greater yield, pest resistance and climate adaptability have allowed crops to grow bigger and more rapidly," reported Davis, "but their ability to manufacture or uptake nutrients has not kept pace with their rapid growth." There have likely been declines in other nutrients, too, he said, such as magnesium, zinc and vitamins B-6 and E, but they were not studied in 1950 and more research is needed to find out how much less we are getting of these key vitamins and minerals.

Another report, from the respected Kushi Institute, analyses nutrient data from 1975 to 1997, finding that average calcium levels in 12 fresh vegetables dropped 27 percent; iron levels 37 percent; vitamin A levels 21 percent, and vitamin C levels 30 percent.

A similar study of British nutrient data from 1930 to 1980, published in the *British Food Journal*, found that in 20 vegetables the average calcium content had declined 19 percent; iron 22 percent; and potassium 14 percent. Yet another study concluded that one would have to eat eight oranges today to benefit from the same amount of Vitamin A as your grandparents would have, just two generations ago.

Source: <http://www.scientificamerican.com/article/soil-depletion-and-nutrition-loss>

In summary, high quality food supplements are increasingly required due to the quality of our food, loss of vital nutrients due to transportation and storage, the increasing divorce between our ability to consume fresh, wholesome food complete with the multitude of benefits known to be available from "growing your own".

THE TRUTH BEHIND
YTE AND AMINO ACID
Supplements



Taking care of your health through a combination of good diet and high quality supplements is recognized and adopted by smart consumers.



*"Diseases of the soul are more dangerous
and more numerous than those of the
body."*

~Cicero

4.YTE®



Clinical trials on YTE in Europe, the UK and the USA provide breakthrough results on depression, Alzheimer's, Parkinson's Disease, strength training, stress reduction and libido.

In summary, YTE® has four main areas of benefit:

- increased sexual health and desire
- a remarkable increase in energy and stamina
- a boost in muscle strength for athletes
- benefits to promote relaxation.

Why is YTE® the original "Young Tissue Extract"?

Young Tissue Extract (YTE®) is essentially a protein from organic and fertile Norwegian hens eggs which have been incubated to the pre-embryonic stage.



This natural combination of potent amino acids and glycopeptides are enriched in the period immediately after the egg is fertilised, and are extracted from the egg at the peak of potency

YTE® is protected by copyright and patent. On the other hand, "Young Tissue Extract" is not protected by copyright or patent: it is not possible to protect "general descriptions". What this means is that anyone can claim to include "Young Tissue Extract" and there is no guarantee as to what it is - and it is most certainly **not** genuine YTE®.

What's the difference? If it's a chicken's egg product referred to as "Young Tissue Extract" it's vital to check that it is genuine YTE® because **only YTE® provides the documented benefits**. Let's look at this a little more:

All 22 amino acids needed for human life are contained within genuine YTE®. These vital building blocks for the body normalise the secretion of stress hormones, boosting serotonin and dopamine. People who use this food supplement report increased energy and libido, deeper sleep and documented beneficial effects on stress management and depression..

Clinical trials and hundreds of testimonials talk about relief from depression, dementia, Alzheimer's and Parkinson's disease, arthritis, tiredness, lack of libido and an impaired immune system.

Doctors recommending the secret ingredient include Dr. Roald Strand, a Norwegian doctor who is a member of The Norwegian Medical Association (DNLF) and AAEM - the American Academy of Environmental Medicine.

Dr Strand says,

" In October 2013 I was diagnosed with Parkinson's disease. When I was encouraged to try the food supplement YTE® I was intrigued.

"YTE® restored my energy and balance! Traditional medicine



helped to a certain point - YTE® brought me to a higher quality of living.

"After a week using YTE® I felt a significant increase in energy. I felt stronger. Normal everyday tasks like carrying groceries, walking up stairs or simply going for a walk that just a few weeks ago felt like a struggle, were now much easier.

"The improvement has continued and I feel I have recovered at least 80 % of my functional level. I continue using YTE® and recommend it to my patients: I believe patients with neurological problems greatly benefit, also people suffering from lack of energy... people can experience many health benefits from taking YTE®."

A human clinical study published in the scientific journal Clinical Nutrition reports that YTE® significantly improves people's ability to tolerate acute mental stress, normalizes hormonal responses and has a positive effect on anxiety.

Another human clinical study accepted for publication demonstrates that YTE® is an effective treatment in alleviating depression and acts as a powerful mood enhancer. Both studies are published in scientific articles in peer reviewed psychology journals.

These two clinical studies formed part of a large project of exploration: the first indications of a benefit in the treatment of depression and mood disorders were discovered in 1997, when a pilot study at the University of Denver revealed an improvement in depression as well as a reduction in the severity of adverse side-effects during medication for depression.

Living on the Sunshine Coast, the quality and freshness of the food available is outstanding. Yet it can be expensive and time-consuming to prepare fresh, healthy meals day in, day out - and it is so much easier to succumb to fast-food, prepackaged meals, an excess of sugar... and not give our bodies the nutrients we need.



I know that much of the food we eat has become "dead and sterilized". In addition, there is huge confusion about RDAs ("recommended daily allowances") of vitamins and minerals; our water supplies are contaminated with industrial antibiotics and toxins; as a result, ever-increasingly compromised immune systems, IBS, stress, depression and other diseases make it hard for people to live life to the full.

In the olden days (when I was a child, even) many of the eggs we ate were fertilized. Sometimes the hens would steal away and make a nest, brooding their eggs until we found them and collected them for the kitchen, along with the rest. So no doubt sometimes we were naturally eating fertilized, partially incubated eggs.

That rarely happens any more.

Much of our food is sterilized, damaged, harmful to our health. Our milk is pasteurized and homogenized. While the pasteurization has saved many lives, homogenization is purely to increase shelf-life and has no benefits to human health, in fact there are many studies showing completely the opposite.

Trans-fats were artificially hardened to keep food fresher longer - and have proven to be disastrous for human health. Some are still in our food chain. Whoever thought that would be a good idea? Whoever approved those to be included within our food chain?

Even Subway were recently forced by law to remove ingredients related to rubber that they'd been putting in their breads, to keep it fresher longer.

And don't get me started on the huge quantities of sugar pushed at us everywhere we look - at the petrol station, the newsagents, the supermarket checkouts, the vending machines...

Even our fruits and veggies contain less vitamins and minerals than they used to, due to the soil degradation of commercial farming. If you want to know more about this subject, you may



Daily Mail, Thursday, November 13, 2014

Give patients a dose of gardening to ward off dementia, GPs are urged

By Ben Spencer
Science Reporter

FAMILY doctors should start prescribing gardening to patients battling dementia, diabetes or heart disease, a government health adviser will urge today.

Dr William Bird, who advises Public Health England on physical activity, says the NHS should acknowledge the power of the great outdoors as a medical treatment.

All three conditions can be both prevented and treated with outdoor therapy, he will say.

Studies have shown that the stress-relieving impact of access to nature is profound, playing a vital role in improving overall and mental health.

Access to green spaces can also increase physical activity, reducing the risk of obesity, type 2 diabetes and heart disease.

And stimulating the senses in the garden has been shown to be an effective therapy for dementia patients.

Dr Bird, who has 30 years' experience as a GP in Reading, will today call on fellow doctors to start using community gardening programmes to tackle illnesses.

Addressing the Royal Horticultural Society in London this evening, Dr Bird will argue contact with nature could also have a dramatic impact on NHS budgets.

Speaking to the Daily Mail before his speech, he claimed every £1 spent on access to community outdoor schemes could save the health service £5 in other treatments.

Dr Bird said: 'A dose of green space can make a huge difference.

'Blood pressure reduces, muscle tension reduces, all of these happen within moments of going into a park or a garden.

Scientists have long known that

How a second language keeps the brain sharp

LEARNING a second language has a profound effect on the brain.

Scientists say bilingual people are constantly having to choose between words from more than one language. Exercising the brain in this way makes it better at filtering information rapidly.

Professor Viorica Marian said: 'It's like a stop light. Bilinguals are always giving the green light to one language and red to another. When you have to do that all the time, you get really good at inhibiting the words you don't need.'

Her team at Northwestern University, in Illinois, scanned the brains of volunteers as they did language tests. Bilinguals used less effort but had greater blood flow to more brain areas, suggesting they worked more efficiently.

Prof Marian said: 'It's never too late. The benefits can be seen after just one semester of studying.'

chronic stress increases risk of heart disease and stroke.

But there is a growing school of thought that stress can also increase inflammation of cells, which is thought to play a role in diabetes and dementia.

As for the practicalities of the treatment Dr Bird said: 'Horticultural or garden therapy includes a broad range of options, spanning from care of sim-

Thriving: Gardening boosts the brain

ple plants to countryside walks. Even indoor plants have been shown to have a beneficial effect on mental health.

One group of GPs in East London, has started funding placements for 12-week 'community prescription' outdoor exercise programmes for those at risk of type 2 diabetes.

But Dr Bird said that on the whole, doctors have not yet accepted that

something so simple can be more effective than drugs.

'If gardening and a drug have the same effect as drugs on prevention of diabetes, for example, they should be compared objectively rather than choosing the drug simply because it is more familiar in the NHS,' he said.

■ Hopes that vitamin B pills could cut the risk of memory problems in older people appear to have been dashed by fresh research.

The study seemed to show that taking vitamin B12 and folic acid supplements for two years made no difference to the recall and thinking skills, compared to dummy pills.

Previous research suggested boosting folate levels could cut levels of homocysteine, an amino acid which is thought to damage brain cells.

Almost 3,000 volunteers with an average age of 74 and high levels of homocysteine took part in the study.

PUGH

'In our case it would be called deforestation'

enjoy reading ["In Defense of Food: An Eater's Manifesto" by Michael Pollan.](#)

No wonder we need a little help.

That's why I started looking for what can help us be healthier. And the best that I found is YTE®.

Here's a fascinating report I read while I was in England, from Dr William Bird, Advisor to Public Health England, regarding dementia, diabetes and heart disease.

Fruit and vegetables grown without sunlight, soil and rain, in almost sterile conditions, might give us cheaper food but at what cost?

It's well documented that people living in the country have less allergies and immune problems than their town and city dwelling counterparts.



While reducing pesticides, herbicides, fungicides and artificial fertilisers have to be good, will the benefits of sterile food outweigh the loss of natural, organic inputs?

Another point is, will you even know? With GM foods widespread across the foodchain and, in the USA, at the time of writing, it being actually illegal to label foods as containing GMOs, I'm betting that the suppliers of your food - from supermarkets to corner stores, takeaways to restaurants - won't be telling you what you're eating or where it's from.

The correct quantities of YTE® provides the pure, organic goodness from Norwegian egg-white at that pivotal point when all the amino-acids, vitamins and minerals are poised to explode into new life. Similar to stem cells in terms of the ability to generate new life, YTE® give you the reassurance a great all-natural food supplement, whatever else you are eating. Reassurance in a confusing world.

Another story reported in the Daily Mail in November 2014, this time regarding a study on 2,000 adults, reports that nearly two-thirds of adults (61%) aren't getting enough time to "switch off", leading to stress, tiredness and even depression.

Psychologist Linda Papadopoulos who assisted with the study, said, *"Finding time to simply indulge yourself, whether that be watching a movie or even taking a nap, is really important to destress and energise."*

To feel relaxed we apparently need 20 hours per week of "downtime" - but one in seven of us report we don't get any time at all. Among those who don't have those 20 hours of personal "time off" each week, apparently more than a third felt more tired, 33% feel more stressed, 22% are burnt out and 14% are depressed.

It's vital to find solutions to dealing with excess cortisol produced by chronic stress, which is proven to create long



term damage to the body. YTE® reduces cortisol, the stress hormone.

Excessive and continuous production of cortisol results from chronic stress in the body - that's why it's known as the "stress hormone". Management of cortisol results in a significantly greater feeling of well-being for both men and women.

YTE® plays an important role in regulating and normalizing two important hormones, testosterone and cortisol. We know that the production of testosterone in the body, plays a vital role in increasing sexual health and desire, energy and stamina. The boost in muscle strength is particularly significant for athletes.

The History of YTE

YTE® has been used successfully as a nutritional supplement in Scandinavia for many years. Until now, the rest of the world has not had the benefits of either knowing about the genuine YTE® or having access to the correct dose.

In 1943, Dr John-Ralston Davidson (1870-1948) presented at the Third International Cancer Conference regarding YTE®. He had discovered more than a decade earlier that an injected extract from fertilized, incubated chicken eggs could be helpful for cancer patients. Dr Davidson was former Associate Professor of Medicine at the University of Manitoba in Winnipeg.

Born in Quebec in 1870, Dr Davidson was educated at [Manitoba College](#), where he received his BA in 1893, and the [Manitoba Medical College](#), where he earned his MD in 1896. Dr Davidson practiced medicine at [Morden](#) then, after studying at Johns Hopkins University he returned to practise at [Winnipeg](#). He was appointed to the Faculty of Medicine in 1904, serving until 1933.

Dr Davidson's treatment for cancer was highly controversial, the subject of a House of Commons debate in 1944 and subsequently in the [Manitoba Legislature](#).



After Dr Davidson's death shortly after the Third International Cancer Conference, his work and research on YTE® ended until decades later.

Dr Bjodne Eskeland and Nils Christensen Mortensen, both with a Master's Degree in Science, in the 1990s hypothesized that incubated and fertilised eggs contained a special protein that could help increase and enhance the human body's natural testosterone production.

Together they developed the procedure to extract this special protein from fertilised eggs. Once the procedure was perfected, the extract was extensively tested on human subjects, with positive results.

We have already learned that YTE® (genuine Norwegian Young Tissue Extract) is from fertilised hen eggs that are incubated until they reach the pre-embryonic stage. Importantly, these are from organic, free range Norwegian chickens: Norway is one of the very few countries which is salmonella free. This is a critical factor: it is essential to only use genuine YTE® from organic, salmonella free sources. At this point, the activated biological substances show highly favorable metabolic properties.

Specifically, the powerful protein nutrient fractions are extracted at a precise point in development when the key nutrients reach their peak concentration, containing a natural combination of nutrients including amino acids, glycopeptides, and oligopeptides.

It's important to understand that once an egg is fertilised, a huge amount of cellular growth is supported by the development of a high concentration of nutrients.

What Is The Recommended Amount of YTE®?

The initial recommended dose of YTE® is 1,600-1,680 mg for at least the first two weeks, followed by 800-840 mg once improvements are evident.



What's the difference between this and normal eggs?



Chickens raised in factory farms where there is over-crowding, inadequate nutrition, no fresh air or sunshine, and inadequate space to roam and interact with other chickens produce eggs of inferior quality.

Organic eggs are proven to be better for your health, but there's still a problem with organic eggs from large parts of the world such as the USA due to the dangerously high levels of salmonella.

Norway is one of the very few countries in the world which is salmonella-free, with very strict controls on the import and export of eggs, chickens and chicken meat. That's why we only ever use pure, organic, free range, fertilized eggs from hens living in the pristine and remote Norwegian forests, guaranteed to be salmonella-free.

YTE® uses eggs laid by free-range, organically-fed hens that have fertilised by roosters (cockerels) in a natural environment.

Fertilisation mobilizes and activates the nutrients in the egg: highly specific amino acids and glycoproteins are formed, which are then harvested and processed to create YTE®.



Explaining The Health Benefits of YTE®

YTE® has many documented benefits, including enhanced sexual desire, energy, strength, stamina, and sense of well-being. These effects may all be linked to the significant reduction of the stress hormone cortisol: reduction of about 50% is common after the ingestion.

Quoting directly from Dr Eskeland:

"YTE is material from incubated eggs. Those eggs are of course fertilized.

What does YTE affect in the body? The young tissue extract actually increases the sexual hormone level in people with low testosterone or sexual hormone levels. We also find that using young tissue extract you have a lower body production of stress hormone.

YTE's affect is on cortisol and testosterone: the building materials for stress hormones as well as sexual hormones are identical. I'm here specifically referring to cortisol, the major stress hormone in the body.

YTE's affect on sexual desire: through the years we have done several studies on sexual desire in men as well as women and realize those people get increased sexual desire and even the ability to perform sexually.

Is YTE for women as well? Yes, we have had several studies involved with women and they have also very positive effects of taking it, especially the middle aged women. Women experience sexual desire, better esteem for instance. Everything about the quality of life I would say.

What makes YTE different from other supplements? We can associate that, I believe, very much to the stress hormone. The body produces less stress hormone, especially cortisol and we know that cortisol has many affects on several criteria - life-quality aspects.



YTE and sports: we have also done quite a few studies in sports relationship even at the University of [unclear]. and the first thing we realized when using YTE in sports relation is that we have a lower production of stress hormone generally...We realize that the stamina increased and also the energy ... (we) realized that self esteem and the more psychological aspects are much improved on people using daily supplement of YTE.

Any side effects from YTE? There is no negative side effects from using YTE, except that we recommend that people being allergic to egg products should avoid taking the product.

Where is YTE made? It's made in Norway. We are very fortunate in Norway. It's one of the few countries in the world that we can guarantee the product being salmonella free."

Sexual Drive and Performance



Sexual dysfunction typically affects more than 15 % of the adult population today.

YTE® increases sexual desire by normalizing testosterone production. Testosterone is known as a major male sex hormone but it also occurs in women: it is known to have the most powerful effect on sexual desire in both men and women.

A dosage of 1.68 grams (1,680 mg) per day of YTE (in two divided doses) for the first two weeks is recommended for sexual health. After two weeks, the dose can be reduced to a single serving of 840mg per day,



A number of clinical trials and studies have taken place in this area.

STUDY: YTE® increases sexual desire in healthy adult men.

A twelve-week, double-blind, multi-crossover study involved 31 healthy Norwegian men, aged thirty-eight to sixty-five. They continuously rated their sexual desire on personal questionnaires while taking YTE. Half of the participants took the YTE, while the other half took a placebo.

Sexual desire increased significantly more in the men taking YTE than in those taking the placebo.

The results of this study and others were reported in the *Journal of International Medical Research* (Vol. 25, No. 2, Mar/Apr 1997).

STUDY: YTE increases sexual satisfaction in adult patients taking antidepressants.

A study at the University of Colorado in Denver by Swedish Professor, Dr Kjell Tornblum, took place over six weeks.

The participants—five men aged twenty-nine to sixty-seven and three women ages twenty-six to thirty-nine—were experiencing decreased sexual satisfaction after taking antidepressants for a period of three weeks or more.

For the first three weeks, the participants took a daily dose of 2.8 g of YTE. After two weeks, their intensity and frequency of sexual satisfaction increased (on a subjective scale from 0 to 9 rating the intensity of orgasm). Over the course of the first three weeks, the increase nearly doubled, from their first rating of 2.6 to a rating of 4.9.

In addition, during this study, participants acquired new hope that their previously decreased level of sexual satisfaction would return to normal again. Most of the men experienced increases in sexual arousal as early as two weeks after starting treatment with YTE. None of the men reported any side effects. In addition, sexual desire typically remained



elevated for a short time even after the men stopped taking the YTE.

According to participants of various clinical studies conducted on YTE, this nutritional supplement is extremely helpful in restoring libido. As reported in Chapter 5, the study published in the Journal of International Medical research Vol 25., No. 2, Mar/Apr 1997) revealed impressive numbers; nearly 84% of the participants experienced an increase in sexual desire.

YTE® appears to have no undesirable side effects. It helps restore testosterone production in a natural way by stimulating the body's own production of hormone. The effect is that both men and women, increase sexual responsiveness. The results of studies conducted have shown that YTE increases sexual desire and sexual ability.

Increased testosterone levels can have a potent effect on sexual desire in both sexes. Some of the hormone molecules are bound to sex hormone binding globulin (SHBG), but only the unbound hormone is biologically active.

Testosterone levels vary continuously, often diminishing by 20-30% during a given day. Blood levels of the hormone remain stable from puberty to about 55 to 65 and then decline steadily. This appears to be due to the fact that SHBG increases with age, binding more testosterone over time. Stress or physical strain may also lower testosterone levels. The good news is that levels of testosterone can recover quickly with the right supplementation.

Sports Nutrition: Stamina and Energy For Physical And Mental Challenges

YTE® benefits may include:

- Quicker recovery from physical exertion
- Better muscle tone
- Increased muscle strength



Creatine and YTE® appear to work together, with athletes and body builders reporting better results.

How does it work? Creatine is an energy-rich phosphate that is concentrated in the liver, kidneys, and pancreas: athletic performance improves when the muscles receive higher levels of creatine phosphate. The advantages of the supplementation can include:

1. Delayed lactic acid production
2. Ability to tolerate longer training sessions
3. Improved stamina
4. Maximum muscular strength
5. Faster recovery from training

Given that YTE® and creatine reinforce each other, the net result of using this combination is improved performance, decreased fatigue and a reduced risk of energy depletion in the muscles.

A double-blind trial at the University of Colorado in 1996 showed that the group using it experienced a strength increase that was nearly double that of the group using creatine alone.

STUDY: YTE® increases muscle growth, strength, and performance.

Professor Törnblom conducted a six-week, double-blind placebo-controlled study at the University of Colorado and Arapahoe Community College involving 32 men and women ages nineteen to thirty-five. The study compared the effectiveness of two nutritional supplements in increasing muscle strength and muscle mass.

The effects of taking 5 grams of a 50/50 blend of YTE and creatine were compared with taking only creatine monohydrate (5 grams). Results are shown below.



	YTE-Creatine	Blend
Creatine Monohydrate		
Increases in Leg Press		21.2 Kg
12.2 Kg		
Increases in Bench Press		8.1 Kg
6.1 Kg		

In addition, a number of subjective conditions, for instance energy levels, stamina, and subjective health were also measured. Virtually all of the study participants who took YTE® experienced a significant increase in physical energy, stamina, and muscle strength.

Mood Enhancement

Depression is a common mental disorder. Globally, more than 350 million people of all ages suffer from depression which, according to the World Health Organisation, is the leading cause of disability worldwide and a major contributor to the global burden of disease.

About a quarter of the UK population experience a mental health problem every year, with depression affecting 1 in 5 older people. Self-harm statistics for the UK, including suicide, show one of the highest rates in Europe: 400 per 100,000 population.

Depression, Alzheimers, Parkinsons and other mental illness are often accompanied by suppressed immune systems, poor health and extreme tiredness. According to BUPA, around 250,000 people in the UK have chronic fatigue syndrome.

Up to 30% of the tens of millions of people who take these pharmaceutical anti-depression drugs experience sexual dysfunction as a side effect. Some medical experts believe the true number of people experiencing this adverse side effect may be as high as 78% due to the fact that the condition often goes unreported by patients.



Clinical studies have shown that YTE® may be beneficial in enhancing libido among those taking anti-depressants. These benefits may include:

1. An increase in the desire to engage in sexual activity
2. An increase in the ability to reach orgasm
3. Enhanced intensity of orgasms

In addition, YTE® promotes a relaxation effect that may be to some degree attributed to the dramatic decrease in levels of the stress hormone cortisol produced after YTE's ingestion.

Aging

The baby-boomer generation faces the challenges of decreased energy and lowered sex drive. In addition, depression is increasingly common as many people face retirement and need to find a new purpose in life.

Chronic disease or deteriorating mental faculties are the big challenges, with cancers and auto-immune diseases claiming increasing numbers of victims.

YTE® seems to improve energy, stamina and zest for living, enhancing sexual health, stamina and energy, as well as overall fitness.

Fatigue and Stress

Fatigue is a symptom that accompanies most illnesses, both acute and chronic; it is often an early warning sign that serious health problems are in the process of developing.

Persistent, extreme fatigue may be a sign of chronic fatigue syndrome. The Center of Disease Control (CDC) estimates that chronic fatigue syndrome affects between 100,000 and 250,000 people on the United States, but many researchers believe that the disorder is much more prevalent.



Many people today are seriously energy deficient, experiencing fatigue to some degree.

Elevated levels of stress hormones predispose us to a number of stress-related diseases, which include such serious conditions such as hypertension, heart disease, stroke, asthma, irritable bowel syndrome, ulcerative colitis, eczema and autoimmune disorders. By managing stress hormone levels, we may be helping to prevent or manage these disorders.

YTE® reduces stress-hormone levels dramatically. When cortisol levels decline, we feel more relaxed. Studies show that virtually everyone who uses YTE® experiences a greater sense of relaxation and with it, many extra benefits, such as improved sleep.

In his book "The Egg Of Life", Dr. Bjodne Eskeland goes into detail regarding how he came to be involved in developing YTE® and the answers to many questions. I quote:

"I spent a great deal of my professional life working in the egg industry in Norway. In the 1990s, I hypothesized that there existed in incubated and fertilised eggs a special protein fraction that could help increase and enhance the human body's natural testosterone production.

My colleague, Nils Christian Mortensen, and I developed the procedure to extract the special protein from fertilised eggs.

Q: How soon after one begins taking YTE can he/she expect to experience some results?

A: Some people noticed a very positive change after six or seven days, but on average, most individuals experienced the full effects after ten to fourteen days.

Q: To whom would you recommend this product?



A: I would highly recommend YTE to everyone, but in particular, to the baby boomers who desire active lifestyles.

Q: Because YTE is derived from fertilised hen eggs, how can it be cholesterol free?

A: Because most of the egg's cholesterol is found in the egg yolk, and YTE® is derived from the egg's white, there is virtually no cholesterol in YTE.

Q: Does the recommended dose vary with age, gender, or weight?

A: No, the recommended dose is 1,600-1,680 mg taken for the first two weeks. Maintenance is 800-840 mg daily.

Q: Are there any side effects to taking YTE®?

A: YTE® has no known side effects, but people who are allergic to egg products should avoid it.

Q: If you are currently taking prescription or over-the-counter drugs, should you be concerned about also taking YTE®?

A: Although YTE is an all-natural product, we do recommend that anyone taking medication consult their health-care practitioner prior to taking any nutritional supplement.

Q: If YTE® is derived from eggs, couldn't a person simply eat more hen eggs to achieve the same successful results as your YTE®?

A: Most eggs sold today are not fertilised. The key point of YTE® is that it comes from fertilised eggs. Fertilisation mobilises and activates the tremendous amount of nutrients in the egg.

Q: I understand that you first perfected this procedure in the 1990s and that you conducted a clinical study. What were your findings?



A: We found that YTE actually had a great fourfold benefit to human health: increased sexual health and desire, energy and stamina, muscle strength in athletes, and enhanced sense of well-being."



"Our body is a machine for living. It is organized for that, it is its nature."

~Leo Tolstoy

5. Amino Acid Supplements



The 22 amino acids are recognized as the building blocks of our health.

Since ancient times athletes and warriors have been encouraged to eat large quantities of meats. Though we lacked the science to understand how it affected our bodies we knew that some foods, such as lean meats, eggs, beans, and nuts were much better for encouraging muscle growth and repair.

It is only in recent years that we know that the reason for this is proteinogenic amino acids.



Amino acid supplements have become a staple for bodybuilders and athletes as they aid in the building and repairing of muscles as well as the production of Human Growth Hormone (HGH) which promotes cell growth and regeneration.

In our diet there are two types of amino-acids labeled essential, ones which cannot be synthesized by the human body, and therefore must be gained from food and non-essential ones which are produced by the human body. However even the ones we produce are often not made in high enough concentrations.

Large numbers of people are amino acid deficient and so it's recommended that even non-athletes take supplements, especially YTE® with it's proven "Ninth Day" ability for regeneration.



*"My own prescription for health is less
paperwork and more running barefoot
through the grass."
~Terri Guillemets*

6. Summary



There is substantial and increasing evidence that the ninth day of fertilized, incubated eggs from a variety of species is a scientifically important stage.

Extracted albumen (egg white) at this point can provide natural, organic supplements which are of significant benefit.

In one of the more important clinical trials on YTE®, published in Researchgate - http://www.researchgate.net/publication/38018661_Effects_of_powdered_fertilized_eggs_on_the_stress_response the conclusion is that:



"...beneficial effects of YTE were observed in subjects with enhanced levels of chronic stress. When compared to placebo these subjects showed an improvement of both the psychological and endocrine stress response.

"Group differences suggest that YTE selectively improves adaptation to acute stress by normalizing the endocrine and the subjective stress response"

and

"...subjects with a high impact of chronic stress almost reached levels of low stressed subjects indicating that they benefit in terms of YTE raising their cortisol levels up to a normal range in an acute stressful situation.

"Group differences suggest that the egg powder actively improves adaptation to acute stress by enhancing the endocrine and reducing the subjective stress response, thus counteracting effects of chronic stress."

We know that chronic stress is increasingly common, attributing to many inflammatory responses in the body.

Inflammation is believed to underpin many common illnesses including depression, arthritis, heart problems and more.

Source: Effects of powdered fertilized eggs on the stress response - ResearchGate. Available from:

http://www.researchgate.net/publication/38018661_Effects_of_powdered_fertilized_eggs_on_the_stress_response [accessed Sep 1, 2015]



"If I'd known I was going to live so long, I'd have taken better care of myself."

~Leon Eldred

7. About The Author

Angela Wright MBE, has nurtured a deep respect for the importance of nutrition, biomedicine, healthy soils and water supplies for many decades. Raised on a farm in Devon, UK, where fresh, home grown food was the norm, Angela has trialed and researched food supplements for more than twenty years.

Angela is Founder and former Managing Director of Crealy Great Adventure Parks, created as a "recreation of my country childhood... to encourage increased respect for animals, delivering real magic and safe adventures." Angela's theme parks became the south west of England's favourite family days out, with millions of loyal customers for more than two decades.

Angela turned her attention to food supplements and bioresonance after using food supplements for more than two decades in her own family, curing her Father's recurring and persistent gout through natural foods but losing her Mum to cancer of the pancreas within two months.

Angela is Founder of a privately owned, international business supplying a winning combination of unique, organic food supplements and healthy lifestyle devices to global customers.

Emigrating to Australia with her family, Angela took time out to study how to "Optimise Life" and was dismayed at the lack of transparency in the health space - whether traditional, allopathic, pharmaceutical, alternative health.

Angela continues to travel around the world on health research: in 2015 has been in Australia, Europe, Hong Kong, South America, the UK and the USA. Most time is spent between Australia and the UK. She says,

"I've been on a mission to make life better for families for more than 30 years with the themeparks but then wanted to



pursue my other interest in health sciences,” Wright says. “We’re talking about revolutionary combinations of natural biofrequencies, food supplement formulas and wearable tech designed for health and well-being.”

Contact:

Angela Wright MBE

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IMPORTANT: The information in this book is not intended to treat or cure any illness or disease. As with everything in life, you should form your own opinion after carrying out your own research. It is recommended that you consult your health professional before carrying out any significant change to your health regime including changes in diet or food supplement. We believe in complementary approaches which can be in addition to and not substitutes for medical treatment. This document does not intend to imply any cures or medical treatments.



"Life is like a tree and its root is consciousness. Therefore, once we tend the root, the tree as a whole will be healthy."

~Deepak Chopra

8. Sources

INDIVIDUALS QUOTED:

The late **Dr. Bjodne Eskeland** was born and educated in Norway. He received a Master's Degree in Science at the Agricultural University of Norway in 1964. He completed his Ph.D. in Animal Physiology at the University of Missouri, Columbia, in 1971. He has been on staff at the Agricultural University of Norway, the Norwegian Food Institute, and the Environmental Toxicology Department at the University of Trondheim at Norway. From 1983-1985, Dr Eskeland served as a visiting professor at the University of California- Berkeley, in the Department of Nutrition. Dr Eskeland passed away in 2015.

Nils Christensen Mortensen was born and educated in Norway. He received a Master's Degree in Science at the Agricultural University of Norway in 1964. Nils Mortensen divides his time between Norway and Asia and is dedicated to health supplement research.

Emily DeLacey MS, RD is a Registered Dietitian and has worked in Jamaica as a HIV/ AIDS Prevention Specialist. She attended Central Washington University for her Bachelor's Degree in Science and Dietetics and continued on after her internship to Kent State University for her Master's Degree in Science and Nutrition, with a focus on public health and advocacy.



References

1. Schult J1, Hero T, Hellhammer J. ["Effects of powdered fertilized eggs on the stress response."](#) - Clinical Nutrition
2. Ester Solberg ["The Effects of Powdered Fertilized Eggs on Depression"](#) Journal of Nutritional Food
3. Eskeland B. Thom E, Svendsen KO. ["Sexual desire in men: effects of oral ingestion of a product derived from fertilised eggs."](#) *J Int Med Res* 1997;25(2):62–70.



AminoBoosters References:

Ingredient	Dose/ day	Claims	References
Egg albumin peptides (YTE®)	250 mg	Improves psychological stress response.	PMID 19837490
		Improves endocrine stress response.	PMID 19837490
		Has positive effects on cortisol levels.	PMID 19837490
		May assist in stress adaptations.	PMID 19837490
		May impact cortisol levels to positively affect body composition.	PMID 19837490
		Improves libido / sexual desire within two weeks.	PMID 9100160
		Increases sexual intercourse frequency.	PMID 9100160
		Improves self-esteem.	PMID 9100160
		Improves happiness levels.	PMID 9100160
		Improves stamina.	PMID 9100160
		Promotes positive mood.	PMID 21631360
L-arginine hydrochloride	mg	Stimulates HGH production.	PMID 18029456
			PMID 20300016
			PMID 21191143
		Helps maintain healthy blood pressure.	PMID 10826408
			PMID 12356784
		Increases nitric oxide availability.	PMID 10826408
			PMID 12356784
		Supports healthy endothelial function.	PMID 8621785
			PMID 8962569
			PMID 9626172
			PMID 9105569
			PMID 10826408
			PMID 12356784
		Supports healthy cardiovascular function.	PMID 10826408
			PMID 12356784



Ginkgo biloba leaf extract	mg	Helps support cognitive health.	PMID 23866514
			PMID 22459264
			PMID 2044394
			PMID 9343463
			PMID 10867450
			PMID 21802920
			PMID 22086747
			PMID 17457961
			PMID 12404671
			PMID 12905098
			PMID 17902186
		Improves mental responsiveness.	PMID 25597699
			PMID 2044394



			PMID 3910053
			PMID 17457961
			PMID 12905098
		Improves appointment recall.	PMID 21802920
		Supports quality of memory.	PMID 17902186
		Supports memory performance.	PMID 17902186
		Improves blood flow to the brain.	PMID 21061003
			PMID 12905098
		Improves mental accuracy.	PMID 17457961
		Supports mental calmness.	PMID 17457961
		Supports short-term memory.	PMID 12404671
			PMID 12905098
		Supports general intelligence.	PMID 12905098
		Supports visuospatial abilities.	PMID 12905098
		Supports attentional processing speed.	PMID 12905098
		May delay the onset of endothelial progenitor cell senescence.	PMID 17312453
		Enhances telomerase activity.	PMID 17312453
		Increases endothelial progenitor cell proliferation.	PMID 17312453
		Enhances stem cells.	PMID 17312453
		Promotes proliferation of endogenous neural stem cells.	PMID 25206462
		May help delay telomere shortening.	Xiong AA. 2013



AminoPure References:

Ingredient	Dose/ day	Claims	References
Egg albumin peptides (YTE®)	1.68 g	Improves psychological stress response.	PMID 19837490
		Improves endocrine stress response.	PMID 19837490
		Has positive effects on cortisol levels.	PMID 19837490
		May assist in stress adaptations.	PMID 19837490
		May impact cortisol levels to positively affect body composition.	PMID 19837490
		Improves libido / sexual desire within two weeks.	PMID 9100160
		Increases sexual intercourse frequency.	PMID 9100160
		Improves self-esteem.	PMID 9100160
		Improves happiness levels.	PMID 9100160
		Improves stamina.	PMID 9100160
		Promotes positive mood.	PMID 21631360
Vitamin C	100 mg	Improves telomerase activity.	PMID 9747894
		Has anti-inflammatory effects.	PMID 11294804
		Slows age-related telomere shortening.	PMID 15378602
			PMID 9747894
			PMID 27550625
			PMID 27271327
		May help support increases in stem cells.	PMID 23283434
			PMID 22843416
		Improves subjective response to stress.	PMID 11862365
		Reduces cortisol levels resulting from acute physiological stress.	PMID 11862365
		Supports healthy blood pressure in response to acute physiological stress.	PMID 11862365
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		Supports healthy blood pressure in response to acute physiological stress.	PMID 11862365



Testimonials

Doctors using YTE® include Dr. Roald Strand, a Norwegian doctor who is a member of The Norwegian Medical Association (DNLF) and the American Academy of Environmental Medicine (AAEM). Dr Strand says,

"Feeling better all over. Even avoided an intestinal blockage surgery. (Small intestine swollen shut). Complete recovery and the doctors just shook their head! Thanks guys! I'll be spreading the word everywhere!"

Catherine S. - www.getyourboomback.com

" In October 2013 I was diagnosed with Parkinson's disease. When I was encouraged to try the food supplement YTE® I was intrigued.

"YTE® restored my energy and balance! Traditional medicine helped to a certain point - YTE® brought me to a higher quality of living.

"After a week using YTE® I felt a significant increase in energy. I felt stronger. Normal everyday tasks like carrying groceries, walking up stairs or simply going for a walk that just a few weeks ago felt like a struggle, were now much easier.

"The improvement has continued and I feel I have recovered at least 80 % of my functional level. I continue using YTE® and recommend it to my patients: I believe patients with neurological problems greatly benefit, also people suffering from lack of energy... people can experience many health benefits from taking YTE®."

"I am really on a roll! When I see people of the same age as myself in the gym or at the golf course, I have to admit that I feel pretty fit. I have more energy and feel better and stronger than I have been for many years. And, when my general shape is improving, it influences my life in every way. Excess energy is positive for the spirits, the health, and the existence in general. I don't know if it's just superstition or



if it's just the food supplement that works this well, but I'm going to keep on using it as long as I feel this healthy and energetic."

Toralv M., age 78, Norway

"Being skeptical about 'new discoveries,' I was hesitant to put YTE to the test. In doing the research, I was intrigued by something that had been around so long and had no detractors or any noted side effects. I had read the clinical studies and numerous statements from athletes endorsing its use. I can now say without question that the effects of YTE are both marked and far reaching. I also noticed a marked increase in my energy level and in my ability to maintain a much calmer demeanor through very stressful situations. I continued to use YTE (for just over two months) and continued to notice small, incremental improvements in my overall well-being. I plan to continue using YTE for at least the next year."

Chris Botosan, California

"I have taken Young Tissue Extract for over six months now, and I can attest to the fact that it is the most well-researched, safe and effective, natural anti-aging supplement I have personally used in my almost forty years in the natural health field. . . . I consider Young Tissue Extract to be the 'missing link' in my supplement program. Although I'm very healthy for a man fifty-five years old, I do tend to get run down a bit with my long work hours and extensive business travel, but since I started taking YTE, my energy levels have skyrocketed. I feel much stronger during my daily exercise programs, and my mood, particularly my sleep patterns, has improved immensely. I truly believe from my own personal experience that YTE is the 'Fountain of Youth' in a capsule form. I've never felt better in my life."

Lee Swanson, Age 55, North Dakota



"My life has totally changed since I started taking YTE last summer. I'm not only sexually active more often, but also have more energy and power in my everyday life. YTE has made me happier. The product is fantastic."

—Trond M., Age 32, Norway

"No day is the same, and sometimes it is difficult to regenerate one's energy fast enough, especially where the level of activity has been quite high over a long period of time. Therefore, I was very glad to have been able to use Young Tissue Extract."

Ingrid Kristiansen, Norway, Former World Champion runner in the 5,000 and 10,000 meters

"For years I felt physically tired and mentally exhausted. Three months ago, I began taking Young Tissue Extract daily. Within ten to eleven days, I felt more energetic and much more productive. I have been sleeping better since then and don't get tired so quickly. My self-esteem has really increased."

John B., Age 51, Norway

"I cannot rate this highly enough. I have so much energy since taking them, I'm sleeping better than ever and so is my breast fed baby. I have the energy to get up and go all the time. I will be a lifetime customer!!"

Fabienne B. -

<http://www.healthevolutionproject.com/products/amino-boosters>