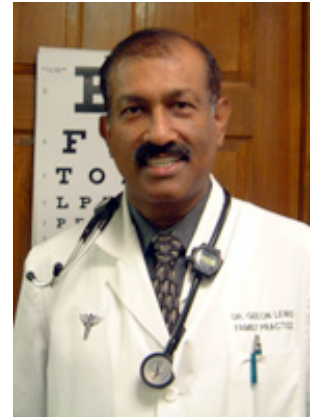




“True Health” by Dr. Gideon Lewis

True health embraces the physical, mental, social and spiritual faculties of the individual. This holistic approach to health and healing is sadly lacking in the traditional model of our healthcare. Fortunately, there is a movement that foresees the new approach to wellness and prevention and this has instituted programs to change the paradigm of healthcare in this country.

With its strong leadership and vision, AmeriSciences has developed a core of physicians who are dedicated to the promotion of prevention of disease, and the dissemination of useful information in order to maintain vibrant health. We believe that the simple but important steps to healthy living have been clouded by the complexity of the medical system. As physicians we need to be involved in the campaign against smoking, the epidemic of obesity and emphasize the importance of nutrition, physical exercise and the spiritual exercise of the mind. At the present time our major emphasis is primarily on the benefits of nutrition.



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There is an abundance of scientific information that substantiates the need for each one of us to pay attention to the daily nutritional requirements.

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Even *in utero*, the fetus needs certain important nutrients for its normal development; it is a well-known fact that a deficiency of folic acid in the mother's diet can result in neural tube defects. It has also been shown that in certain populations where there is a lack of iodine in the diet that the offspring develops cretinism, resulting in mental retardation. As children grow, it is necessary for their proper development that they receive an adequate supply of calcium for bone growth. The need for other vitamin supplementation and micronutrients lays the foundation early in life for normal maturing processes. Red blood cells require B-12, folic acid and iron for their production within the bone marrow. Thiamine, riboflavin and pyridoxine are essential for neurologic functions. In addition, recent studies have shown that in adult life we need B-12, folic acid and pyridoxine in order to lower homocysteine that has been implicated in heart disease and strokes.

The aging process has been a challenge to modern medicine. The baby boomers have become very interested in this problem and have adopted new approaches to retard the ailments of growing old. We are confronted with degenerative diseases of the joints, and the different organ systems. There is no doubt that exercise and proper nutrition retards the aging process. Antioxidants play an important role as demonstrated in the reduction of age-related macular degeneration. The use of glucosamine and chondroitin sulfate may in the long run prevent the deterioration of cartilage. The development of certain malignancies may also be related to certain nutritional deficiencies. Based on long-term studies, it has been shown that in certain groups of individuals multivitamin supplementation may reduce the risk of colon cancer as well as prostate cancer.

In today's culture there is a growing interest in the “natural” and herbal products that have been used for centuries in some cultures. AmeriSciences has manufactured a unique set of such products that are safe and effective.

Dr. Gideon Lewis serves as a leading member of the AmeriSciences Scientific Advisory Board (SAB) and is a board-certified Family Practice physician in Orlando. Dr. Gideon Lewis was voted one of the “Best Doctors in America” in 2002.