physician Mark Hyman, MD, advocates aiming for 30 to 50 grams daily (2010).

4. And last, but perhaps most important, is the author suggesting that all of the saturated fats are bad? If not, then what does she mean by "bad" saturated fats? And for that matter, to what does "good" polyunsaturated fats refer? The only bad saturated fats we can think of are manmade trans fats, which predominate in the industrial food chain. And the fats from factory-farmed animals, which contain both saturated and polyunsaturated fatty acids, are also bad due to high concentrations of toxins from the species-inappropriate diets they are fed. Saturated fats from sustainably and cleanly raised animals (and from tropical plants) are, for most people, health promoting. Conversely, though the polyunsaturates found in unprocessed whole foods are also healthful, when plant foods are processed into long-chain oils, oxidation becomes a huge issue (and that's just the tip of the iceberg with processed, commercial vegetable oils).

It's troubling to us as whole-foods nutrition consultants, and confusing to consumers, how much misinformation is passed on by so-called nutrition experts that is out of date, incorrect, and in many cases, program or product driven. The Bauman College *Eating for Health* model was created by Edward Bauman, MEd, PhD, to provide a unified, person-centered SOUL (seasonal, organic, unprocessed, and local) food approach that supports the intrinsic value of all foods that are not damaged or corrupted. This includes saturated and unsaturated fats, vegetable and animal proteins, gluten and nongluten grains, and all varieties of fruits, vegetables, nuts, and seeds – all as toxin-free and sustainably produced as possible, and all prepared by methods that ensure the greatest nutrient density and ease of digestion. Individual differences in food tolerance and sensitivity make it a lifelong learning process to cull which foods are most healthful, in which amounts and proportions. Overgeneralizing from limited evidence, even when based on a historical or cultural population study, shows a lack of currency with the equivocal findings in our field, which refute orthodox beliefs promulgated by old and new food fundamentalists.

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Incontinent after Brain Trauma – 30 Years Later

A Mother's Letter

Dear Dr. Wishnow:

My son, Ron, has been Incontinent for the last 30 years after a severe auto accident when he was 18. His brain was so traumatized that he was in a coma for about 4.5 months. His doctor lost hope and said he would not make it, or became bed ridden in a persistent vegetative state.

My husband and I refused to accept that 'reality'. We brought Ron back, cared, and prayed for him at our home. We tried everything to help him recover. Ron was in a wheelchair for 6 years, gradually progressed to using a walker, and then finally was able to walk. Now Ron is mobile, loving, upbeat, and has a great sense of humor. But Ron still has problems: he has no short term memory, and he is incontinent at night.

*When I saw your **BetterMAN** ad for men's bladder control, I thought this remedy sounded very interesting for Ron to try. If nothing happened after 6-12 months, we could always move on to try something else. So I started Ron on BetterMAN at two capsules daily on 12/20/2011.*

To our big surprise, we started to see improvements almost in two weeks. We were thrilled to death! Enclosed is the copy of the January calendar we use to record Ron's condition and communicate among several shifts of caretakers. As you can see, in January, Ron was DRY 21 nights! Before he started BetterMAN, he was dry only about 1-2 nights in one month.

Wearing Pull-Ups is a humiliating experience for adults. I said to Ron 'If you can make one month dry, I will let you wear whatever you like when you go to sleep.' Ron is very proud of his progress.

I also noticed that last Sunday Ron sat through a two-hour church service without using the restroom.

(Peipei Wishnow, PhD, is the president of Interceuticals)

We are very thankful!
Mrs. Kate, B. (2.5.2012)

If you are interested in **BetterMAN** or **BetterWOMAN**, please call **1.888.686.2698** or order online at:
www.BetterMANnow.com
www.BetterWOMANnow.com

The statements above have not been evaluated by the Food and Drug Administration. The products offered are not intended to diagnose, treat, cure, or prevent any diseases. Individual results may vary. Use as directed.