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E. EXCEL'S WORLD



October – December 2020

# Share the Love and Help People

## Diamond Masters Zhong Qiu-Ju and Lin Guo-Sen



**Zhong Qiu-Ju and  
Lin Guo-Sen**

**From:** Taiwan

**Strengths and Hobbies:**

Cooking and regular blood donation

**Dream:** Help more people to regain their health

**Traveled with E. Excel to:**

Austria, the Czech Republic, Sanya

"Grandma, I want NOCO!" The three adorable children happily took a NOCO from their grandma, ate it with satisfaction, and then skipped and hopped away to continue playing by the side. Love filled newly promoted Diamond Master Zhong Qiu-Ju's eyes as she watched her grandchildren's innocent play before she turned back her head to continue with this interview. "All of this would not have been possible without E. Excel!" Qiu-Ju said gratefully.

"Before encountering E. Excel, my only wish was to live longer so that I could take care of my daughter for longer," Qiu-Ju recounted her painful memories. "My daughter was only 28 when she was struck down by an extremely rare disease. It was Taiwan's first case!" The surgery was successful, but not without a long road to recovery. Casting everything else aside, Qiu-Ju became the sole caregiver of her daughter, overseeing every aspect of her daughter's daily life for an entire year. She even grew vegetables for her daughter to eat, all in the hope of helping her daughter recover faster. "I did everything that I could, and should, do. But my daughter's health did not improve." Even after many years, the helplessness and torment was evident in her voice as she recalled those dark days.

A Nutritional Immunology seminar was the turning point in her life. "Sometimes, heaven prepares a door of opportunity for you. But if you lack the courage to walk up to the door and open it, you'll never get access to the opportunity that lies beyond the door," Qiu-Ju said firmly. "The first time I heard of Nutritional Immunology, I was certain that this was going to be my lifelong career, one that I'd treasure and share with others."

Qiu-Ju diligently followed every step and attended every event. She worked very hard to learn as much as she could. After gleaning more knowledge of correct health concepts, taking care of her daughter became so much easier. Qiu-Ju was glad and relieved to see the significant improvement in her daughter's health under proper medical care that was complemented with nourishment from E. Excel's products. She would never forget that morning when her daughter sat up on her bed. "In the past, my daughter needed help to sit up on her bed. That morning, she sat up by herself and smiled. Seeing that genuinely happy smile lit up my daughter's face instantly swept away all the heaviness in my heart!" Till now, her daughter's happy smile remains deeply etched in her mind.

One month later, her daughter returned to work. Later on, her daughter married and now has a child, leading a normal, happy life. Immensely moved by the improvement in her daughter's life, Qiu-Ju made a resolution to share Nutritional Immunology for the rest of her life so that it could reach more people and more places.



"Share the love! I've been blessed by Nutritional Immunology because others shared it with me. Hence I want to continually share this blessing with others. If I'm well, others are well, and everyone is well, together we'll be even better!" she said.

"Not only has E. Excel transformed my daughter and me, it has also transformed the daily lives and entire lives of our family!" said Qiu-Ju. She highlighted that it was not just her health, but also her personality that had undergone a 180-degree change for the better after encountering E. Excel.

Qiu-Ju is especially grateful to Dr. Jau-Fei Chen! "Dr. Chen and I are born in the same year. But when I first saw Dr. Chen, I was amazed! Why does she look so young? At that moment, the full impact of the saying 'your appearance reveals your heart' hit me. In the past, I was impatient, thought highly of myself, and would appear demanding at times. After participating in the Company's training, especially Dr. Chen's Business Training, I often jokingly said that thanks to Dr. Chen, I was a changed person! Her words of wisdom, and the contents of her training that spoke so deeply to me, were truly useful!" Every seminar was precious recharging time to Qiu-Ju. "Just like humans have to regularly replenish their energy and nutrition, Dr. Chen's words were the best energizer for my mind." It was like magic; at every seminar, Qiu-Ju would reap a lot of knowledge and thereafter, she would feel very calm and relaxed, and would sleep like a baby that night!

"I am at the most ideal and happiest stage of my life now," Qiu-Ju smiled joyfully as she shared. Enjoying the sweetness after the hard times, now, Qiu-Ju and her husband live together with their children and grandchildren. Three generations live together harmoniously under one roof, all healthy, happy, and lack nothing in life. Her two granddaughters and one grandson are smart and adorable. She said, "There is no greatest joy in life than this—spending time with my grandchildren and sharing health knowledge!"

For her promotion to Diamond Master, Qiu-Ju's heart is filled with the deepest gratitude for her husband's strong support all this while; her youngest son for being considerate and understanding so that she could focus on her E. Excel career without worry; and fellow E. Excellers who are close like family and helped her unconditionally, enabling her to go higher and further. To Qiu-Ju, her future plan is clear and definite. "Help more people to regain health, attain career success, contribute to society, and live a meaningful life!" she said confidently with a smile.

Life Motto—"Slow and steady wins the race. Be proactive and don't be impatient!"  
p/s: When you concentrate on advancing, you can reach your goal quickly even if your progress is not fast.

# Set Off With Good Intentions and Persevere

## Diamond Masters Zhong Hsiu-Ting and Liu Ching-Liang



**Zhong Hsiu-Ting and  
Liu Ching-Liang**

**From:** Taiwan

**Strengths and Hobbies:**

Clothes alteration and getting close to nature

**Dream:** The entire family enjoys financial stability and the freedom to manage their time

**Traveled with E. Excel to:**

Malaysia, Singapore, Shanghai, Macau, Zhuhai, Kyushu, Nagoya, South Korea, Royal Caribbean Cruise, India, Sanya, Spain

"Perhaps my answer is not the best, nor is my capability. And sometimes due to my poor hearing, I might not take in everything a customer says the first time. But I treat people with sincerity," said newly promoted Diamond Master Hsiu-Ting.

Hsiu-Ting spoke frankly about how not being very good with words, and letting nature take its course for many things, had led to slow progress in her E. Excel career. Nevertheless, her steadfast and honest character as well as consistent effort and action helped her eventually achieve success.

Hsiu-Ting was in fact satisfied when she was promoted to Jade Master many years ago. "Initially I felt that earning a good monthly income, working alongside like-minded E. Excellers, and sharing Nutritional Immunology with others every day was already enough for me," she said. But, she started seeing more and more E. Excellers who joined E. Excel after her getting promoted to Diamond Master, singing praises of how she inspired them; in addition, Hsiu-Ting's team members continuously encouraged her to strive for more, so she finally decided to advance towards the next milestone.

"I have been doing this business for a long time. It is time to show some progress to myself and to the people who have been supporting me all this while." She continued, smiling shyly, "Everyone says I am capable. I should not doubt myself then!"

Set a goal. Be determined to achieve it. No excuses. Just do it. She recalled a fellow E. Exceller's encouragement, "Break down a big goal into small pieces. Tackling them one by one takes you closer to that big one. It is just like studying. If you goof off all the time at school and only study the night before a test, reaching your goal would be very difficult and painful, causing you to give up easily. If you, however, study one chapter each day, when exams come around, your earlier preparation will pay off—you will have higher grades, and the goal would be easier to achieve."

Treating people with sincerity and empathy all this while has helped Hsiu-Ting to build a large customer base. When many of her customers and team members learned that she was fighting to be promoted to Diamond Master, they even called her up to show their support. "An E. Exceller called me one night and asked, 'Are you really going to do it? You have all my support!' Another E. Exceller applied for leave from work one afternoon just to go to the Company to buy products so that she could help me reach my sales target. I am very touched and thankful for their staunch support; they have done so much for me, thus I should work harder and do more!" Hsiu-Ting said gratefully.



"Hsiu-Ting may not be the most outstanding person in the team, but no one dislikes her, which is exactly why she is extraordinary," One of her senior team members with whom she is well acquainted shared. "She has always humbly maintained that she is ordinary. But the fact is, all these years, she has quietly given of herself, persevering and never once left, embodying what Dr. Jau-Fei Chen said, 'The E. Excel career is suitable for everybody.' Anyone can attain success and fulfill their dream here."

Apart from career achievements, her many years in E. Excel have also helped Hsiu-Ting to mature, improving her relationship with her family. "In the past, I did not know how to communicate well or to give compliments, and I would speak my mind without a second thought, especially when interacting with my family. This often led to conflicts," she said. Despite her good intentions, not being good with words had caused a tense relationship between her and her second daughter. "I was just incapable of saying sweet things. Sometimes, I might unintentionally hurt other people's feelings. But at E. Excel, after learning more about interpersonal communication, I realized that as long as I think positively, I will speak positively, making the other party happy. When both parties are in a good mood, everyone is happy!" Hsiu-Ting recollected.

Hsiu-Ting began to diligently improve herself. She constantly reminded herself to communicate with people using words that they felt comfortable with even when they shared different opinions. Gradually, her relationship with her family improved and became more harmonious. Hsiu-Ting was most comforted when her second daughter said to her, "Mom, because of E. Excel, you have drawn me back with love." Bit by bit, as time went by, Hsiu-Ting's family became more tightly knitted.

"I have been with E. Excel for about 20 years. I have never regretted it and have never thought of quitting. I have always believed that it is vital to follow the right person! To build your career, follow a 'good' person. Luckily, we have Dr. Jau-Fei Chen leading us. She is kind, caring, shares her knowledge with us, and even once said that she would accompany us till we become old. Moreover, there are many people with the same kind heart in E. Excel. They work hard together, sparing no effort for both individual and common goals. In short: it's so good to be an E. Exceller!" Hsiu-Ting smiled joyfully as she shared.

Life Motto—"Choose what is good and stick with it. Never give up."

# A Career That Touches Lives

## Diamond Master Chang Ai-Ling



**Chang Ai-Ling**

**From:** Taiwan

**Strengths and Hobbies:**

Sharing Nutritional Immunology

**Dream:** To help people fulfill their dreams and stay healthy

**Traveled with E. Excel to:**

Royal Caribbean Cruise, India, Sanya, Spain

"I'm a Christian, and I think Nutritional Immunology should be shared widely, like the gospel," newly promoted Diamond Master Chang Ai-Ling declared firmly. She shared two personal stories.

Let us begin with the first story. Ai-Ling had lived in great pain for a long time. "I never slept or ate well. Not once in 35 years. After all, how could a person in poor health have any quality of life?" This continued until she turned 64 and her son suggested to her, "As your health is very poor, maybe the money to hire helpers should be spent on eating E. Excel's products instead." Before then, though Ai-Ling had contact with E. Excel, she was but merely a consumer of E. Excel's products that were delivered to her by fellow E. Excellers; she did not even know where the Company was located.

To Ai-Ling's surprise, the E. Excel Taichung Center was actually in the building opposite her apartment. "It was such a coincidence that it was simply meant to be. I searched everywhere, when it was right here all along!" Ai-Ling said humorously.

Therefore, one Saturday afternoon, Ai-Ling visited the Company alone. "I remembered the moment the lift door opened. What a lively scene! I was instantly attracted by the joyful smiles on E. Excellers' faces. When an E. Exceler spotted me looking around inquiringly, he kindly came up to me and informed me that the Company was not open for business that day. I mentioned that I wanted to buy some products, and he passed to me what he had on hand without any hesitation. When I said I did not have enough money with me and I would pay the rest next Monday, I was surprised that he trusted me completely. Can you believe that? We had only just met each other! It was my first step into E. Excel. My heart came along and never left!"

After complementing the doctor's treatments with proper nutrition for a year, Ai-Ling likened herself to a crawling caterpillar transforming into a butterfly that could spread its wings and fly freely. "I never thought that I could regain my health and live a normal life again! E. Excel has given me back my life!" Overwhelmed with emotions, Ai-Ling choked a little as she shared.

The second story happened after attending one of Dr. Jau-Fei Chen's lectures. "Dr. Jau-Fei Chen said that according to research, people could live to be at least 120 years old. I did a quick calculation and realized I probably have 50 more years to live. How could I continue living life blindly?" she spoke with a smile.

Moreover, there were three youngsters acquainted with Ai-Ling who all died young in their 30s due to illness; it made her reflect on herself even more greatly. "When I heard the sad news, I could not sleep at all that night! If I had shared Nutritional Immunology with them earlier, would I have been able to prevent those misfortunes?"



The Lord led me to E. Excel and saved my life through it. Hence I should take on the mission to share Nutritional Immunology with others!

"Throughout these years, I have done a lot of observation and I am constantly moved by fellow E. Excellers. A female E. Exceller whom I admire, for example, encountered E. Excel when she was 26, and now her achievement is extraordinary. There are many E. Excellers just like her, who joined E. Excel at a young age. Look at their accomplishments now! Not only can they take good care of themselves, they also look after their family and even their extended family pretty well. This convinced me further that E. Excel is the best path that God has prepared for me.

"I was moved by Dr. Jau-Fei Chen when she said that 'We all are her partners.' As a scientist, she has transformed what she has learned in her entire life from obscure and complicated knowledge into something that everyone can understand. She hopes, through E. Excel, that people who wish to make a difference can come together to make the world a healthier and happier place. She has arranged everything for us. All I could do to pay her back is to do my best and let the whole world know of E. Excel!

"The only way to do it is to strive for Diamond Master! People will believe it when they see that you have made it. It does not matter anymore whether I will get the promotion or not for I am already in my 70s. I just want to inspire more fellow E. Excellers. I want everybody to know E. Excel and how marvelous it is when they see me! And since I'm going for the challenge, I might as well do it differently. So, I skipped Jade Master and went straight for Diamond Master. If even I can do it, who cannot do it?

"In the past, I admired the rich and powerful, not because of their wealth, but because they could help many people in need. That is my dream, and I realize I can fulfill it at E. Excel! I could be of help to anyone in need! Thus, I will stay with E. Excel till my last breath. I mean it, this is doable!" Ai-Ling emphasized.

"It was not until I met E. Excel that I became a worthy person. Every morning when I open my eyes, I look forward to the amazing things that await me! My personal experience with E. Excel has given me great faith in it. And I intend to share it with more people, so they, too, can experience it!" Ai-Ling spoke with conviction, and her heart for helping others came across strongly.

Life Motto—"Confidence is the master of fate."

# Seize the Day and Take Charge of Your Life

## Diamond Master Pan Ya-Ping



**Pan Ya-Ping**

**From:** Taiwan

**Strengths and Hobbies:**

Money management and getting in touch with new things

**Dream:** To help fellow E. Excellers have a successful career

**Traveled with E. Excel to:**

Singapore, Bintan, France, the UK, Shanghai, Beijing, Macau, Hong Kong, Kyushu, Canada, South Korea, Royal Caribbean Cruise, India, Sanya, Spain

"Houses have ceilings, and so do salaries!" Newly-minted Diamond Master Ya-Ping shared with a bitter smile as she looked back on her old days in an accounting firm where she earned less than NTD30,000 a month even with over three years of work experience. "Those people who had joined the firm at the same time as me, after working there for more than 10 years and getting promoted to managers, only earn NTD 35,000 a month!"

When you have no control over your life, you have to follow orders without complaint to earn a living. "It was not unusual for each of us to handle the taxation matters of 50 to 60 companies at the same time. Oftentimes we worked over 10 hours a day without noon break. If we didn't finish the work at the office, we would have to finish it at home, often working until midnight. We then proceeded to work from 8am the next morning," Ya-Ping described.

Life was always hectic. Every day was a battle with innumerable work to handle. Even when on vacation, she had to bring along reports and stay contactable. It pained her parents to see her toiling so much. Her father once teased her when she got home late, "What great career are you undertaking? You're always as tired as a dog!" One time, Ya-Ping asked for a day off to bring her sick mother to see a doctor, which caused her boss to complain. This made her even more disheartened. "I finally stopped to think: Is this how I want to live for the rest of my life?" she said.

"Although the boss liked me very much, and I was not lacking food or clothing, but I would never get to take charge of my life if I had continued like this!" Ya-Ping said.

Serendipity brought Ya-Ping into contact with E. Excel through her friend's introduction. Out of curiosity, she wanted to understand it better. "When I first attended one of the events... Wow! Why were there so many elderly women? Paying closer attention, I found them really impressive. They spoke confidently on the stage. They were not pushing to sell stuff, but sharing professional health knowledge that even some highly educated people might be ignorant of," Ya-Ping said. After getting to know them better, she realized that the life they were living was exactly the one she longed for! "They have plenty of time for themselves, and they live a life of freedom that is probably envied by many bosses."

What impressed Ya-Ping the most was one time when she just took up her E. Excel career, some fellow E. Excellers, on a whim, suggested traveling to South Korea. One invited another, and soon, they ended up with a super large group of 160 people. "The travel agent was astonished, and so were we!



After all, it was only meant to be a group of about 20 to 30 people. Besides, an overseas holiday usually involves more than a day or two. But look, E. Excellers can leave whenever they wish, having such flexibility in arranging their time!" Ya-Ping said with a smile. The trip also opened her eyes to E. Excellers' planning capability, as well as the unity and rapport among them. "As the saying goes, 'To do a thing well, find the right person. A group of people who know how to get things done will definitely do an excellent job!' What a great team spirit! I feel proud and honored to be an E. Exceller!" she said brightly and confidently.

Ya-Ping loves the E. Excel career, the big E. Excel family, and spending the days with E. Excel. Because of this, at one point, she did not care much about advancing up the ranks. She felt that making steady progress and having adequate time to spend with her family was enough. Ya-Ping was still a Pearl Master in May 2020 when a senior E. Exceller who mentored her humorously said to her, "You might as well just fight to be promoted to Diamond Master!" Another key team member encouraged her, "Feeling lost or anxious is normal. But once you have a goal, don't just think about it. Take action and adjust along the way!"

Ya-Ping felt motivated. "The senior E. Exceller who guides me made an unexpected tricky move by sending my name to the Company, saying that I would be promoted to Diamond Master next month, and requesting the administrative staff to include me in the list of newly promoted Diamond Masters who would go on stage to give a speech! Well then, there was no backing out, I had to give it my all to make it happen!" Ya-Ping did not know whether to laugh or cry as she recalled that pivotal moment. But that E. Exceller told her, "I only did it because I trust in your capability. Let us make this business bigger and greater together!" This reassured Ya-Ping and she decided to go for it. She eventually achieved the goal successfully.

"E. Excel has changed the direction of my endeavors in life," Ya-Ping explained, speaking from the heart. "To change does not mean giving up our principles; it's to embrace more opportunities to attain what we really want. To change is to give ourselves better prospects. We cannot change our environment but we can change ourselves first. The point is we must live the way we like at any point in time!" She exhorts all fellow E. Excellers, "Don't say wait till you're grown up or retired. Don't keep putting it off. No one knows what will happen in the future! Do the things that you really want to do, do the things that are worth doing, and start now!"

Life Motto—"Persist in doing the right thing and you will never go wrong."

# Take Good Care of Our “Super Weapon”

One of the greatest mysteries of the human body is also one of its most important components—the immune system.

The immune system detects and kills foreign invaders and diseased cells. It is far more powerful than any medication scientists have created.

## **Our Immune System is Our Super Weapon**

Trying to use modern medicine to cure diseases is like trying to develop a new type of gun in our planetary defense system for every single new alien that comes by. That is an infinite number of different guns we have to keep on inventing. Why not focus on supporting our already existing super versatile weapon—our immune system? It is our one weapon that can kill any and all types of aliens.



Supporting and improving our one and only super weapon is not fancy or thrilling. It is not glamorous, and it is not headline worthy. Sometimes, it is plain boring. But it is effective. Taking good care of our immune system—our super weapon—is more effective than buying the newest gun. It is more effective than getting all the guns in the world.

We just need to eat more of wholesome plant foods.



When it comes to looking for a cure, everyone is looking for a complicated or super high-tech solution. People want a quick fix, but there is none.

Nothing technology creates is equal to what nature creates. Our big natural world contains all the wholesome foods with all the nutrients that we need, plus more that scientists have not discovered yet. For example, an orange contains vitamin C. It also contains plenty of other nutrients, many of which have not been identified yet.

For more vitamin C in the diet, eat an orange to get vitamin C as well as reap the benefits of all the other nutrients. Want to consume more biotin for healthy, shiny hair? Eat some almonds, and get heaps of antioxidants at the same time.

## **When Everything is Right With the World**

Currently, scientists do not yet fully understand the immune system, so they still cannot cure autoimmune diseases, allergies, cancers, or even some infections, because these diseases are related to a malfunctioning immune system.

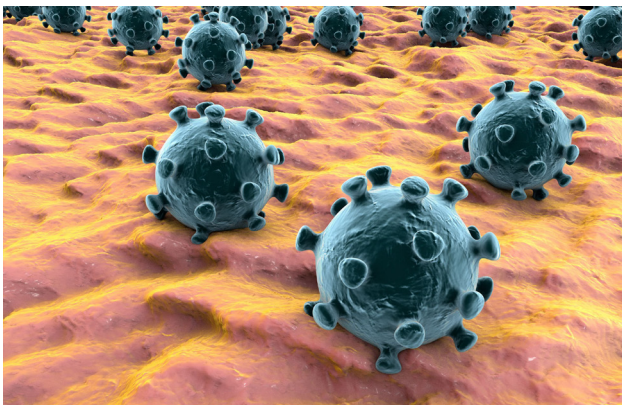
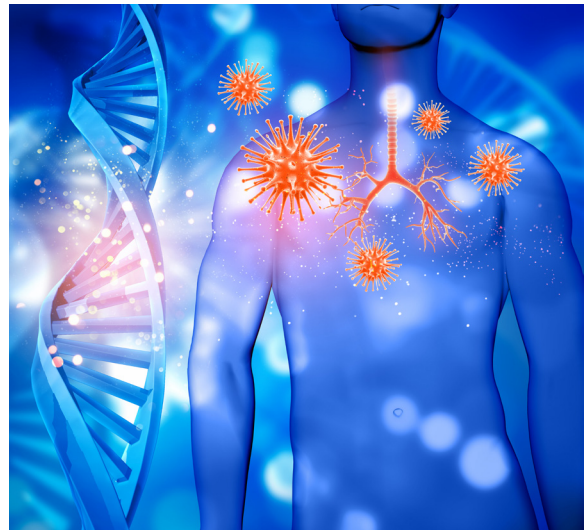
An autoimmune disease is when the immune system cannot distinguish what is self from what is foreign, so it mistakenly attacks the body's own cells.

An allergy is when the immune system cannot distinguish something harmless from something harmful, so when something harmless comes along, it will still attack it.

An infection can happen due to a weak immune system.

Our body is its own self-contained world, and our immune system is our one and only form of defense. Our body is constantly exposed to an untold number of foreign invaders, from bacteria to viruses to parasites. Most of the time, our body will deal with these invaders without us ever feeling it. The immune system has the capability to adapt and react to foreign invaders, learn from past experiences, and remember foreign invaders for the next time, so its defense becomes stronger and better. Viruses and bacteria mutate and change all the time, so the immune system needs to be capable of dealing with threats that have not existed before.

It is as if Earth is constantly coming into contact with hostile alien species, and our planetary defense system is capable of neutralizing these threats, no matter what form the alien species takes. In fact, our immune system is better than that. It does not need prior warning, and it does not need special training, special medications, or a special plan. Our immune system can even detect and kill cancer cells and diseased cells before they become a real problem. Neutralizing threats to our body is what it does best. There is nothing a scientist can create that can match that.



### When Our Super Weapon Malfunctions

If our immune system is not working right, we will have some serious problems coming our way. For example, if we are sick with an allergy, an autoimmune disease, or certain types of cancer, the best scientists or doctors can do is suppress the symptoms, so that we feel better. But, that does not get rid of the disease.

Even infections cannot always be cured. Take a look at the pandemics that have swept the world. In fact, there is one this year—COVID-19. COVID-19 is a new coronavirus, and the scientific

community is racing to develop a vaccine for it. In other words, scientists are trying to stimulate the immune system for better defense. A strong immune system can get rid of the coronavirus. A weak immune system might need more time to fight the virus, or might not be able to fight the virus at all. The treatments doctors currently give patients are those that help the latter stay alive long enough for their immune systems to do their job; and hopefully, their immune systems will be able to fight off the virus. This is the case with other viral infections as well. In every pandemic, some people die while others survive. The survivors will be the ones with a fully functioning immune system, while the ones that die have complications with their immune response.



Similarly, when patients are sick from a cytokine storm that may have come from an infection, doctors cannot cure it. That is because a cytokine storm is due to a malfunctioning immune system (not a strong immune system as many people think). The immune system is broken, and the immune cells do not know when to stop attacking. If the immune system cannot stop, it causes a lot of collateral damage to our body's own tissues, just like a weapon that cannot aim. Scientists do not know exactly what triggers a cytokine storm, or the best way to treat it.

Our body becomes incredibly fragile without a fully functioning immune system. When our immune system is unhealthy or it malfunctions, there is a greater chance of falling ill. There are unknown diseases out there waiting. Scientists are working hard to learn more about how the immune system works, so that everyone can better cultivate a strong and fully functioning immune system.

### Medicine Comes At A Cost to Health

Prevention does not receive as much limelight as a cure. People tend to feel that a cure is more important or effective because the results are very clear. Prevention is not an exact science, so watching someone never get a disease to begin with is just not as exciting.

People tend to wait until a problem arises and then try to find ways to fix it. But why not nip the problem in the bud? Otherwise, it will be a perpetual game of cat and mouse, and the mouse always wins.



There may be medication available to treat a disease, but there may be side effects. For example, someone with cancer can undergo surgery, chemotherapy, and radiation therapy. Surgery to remove the cancer can cause chronic pain, cognitive problems, nutritional problems, chronic swelling of the arms and legs, problems fighting infections, and difficulties with speech or swallowing. Chemotherapy and radiation therapy can cause problems with cognition, heart, lungs, kidneys, nerves, bones and joints, muscles, and even cause more cancers.



Surviving cancer is better than dying prematurely, but it comes with a hefty price. Due to the intensive and toxic treatments they undergo, cancer survivors typically have a shorter lifespan compared to those who never had cancer. They are also more likely to get diseases such as heart disease, lung diseases, and even secondary or entirely new cancers.

Even treatments for simple diseases, like infections, are not without a cost. Although generally safe, antibiotics can cause rare and serious complications. For example, a class of

commonly used antibiotics known as aminoglycosides, can cause hearing loss, tinnitus, and balance problems.



Any medication, regardless of how “safe” it is, has the potential to cause a rare condition called toxic epidermal necrolysis—a type of severe skin reaction where more than 30 percent of the skin dies and sloughs off. Those who survive can be left with long-term complications, such as blindness, scarring all over the body, narrowed esophagus or trachea, and chronic erosions of areas, such as the mouth.

Yes, there is a cost to modern medicine.

### Healthy Immune System = Preventing Disease

Prevention is simple.

- Eat better.
- Exercise more.
- Get adequate rest.
- Be happy.

#### *Eat better.*

We can control what we eat. By eating a wide variety of wholesome plant foods daily, we have a higher chance of living longer. The impact of improving our diet can be huge. An analysis presented at the American Heart Association’s Epidemiology and Prevention / Lifestyle and Cardiometabolic Health 2017 Scientific Sessions found that just having a better diet can prevent more than 400,000 deaths per year from heart disease—the number one killer.

Nutritional Immunology is simple and time-proven. Eat a variety of wholesome plant foods and less animal products to benefit every system in our body. There is no point eating certain foods to target the health of one particular organ, because all of our organs are connected. If one organ fails, it will drag the others along with it. For example, focusing on our heart health means nothing if our kidneys are unhealthy, because unhealthy kidneys will affect our heart. Thus, the best diet includes a variety of plant foods; that way, we get a variety of nutrients that help all of our organs.

Changing our diet to include more wholesome plant foods may be difficult to maintain, but it is one of the best things we can do to support our immune system in fighting off invaders and keeping us healthy.

#### *Exercise more.*

Exercising has many benefits:

- Controls our weight and reduces the risk of diseases linked to obesity.
- Reduces risk of heart diseases.
- Manages blood sugar and insulin levels and cuts down the risk for type 2 diabetes.
- Helps keep cognitive abilities sharp.
- Strengthens bones and muscles.
- Reduces risk of cancers such as breast, colon, and lung cancers.
- Reduces risk of falls.
- Improves sleep.



Human beings are not made to be couch potatoes, but we also do not need to do extreme or hardcore exercise. Experts recommend at least 30 minutes of moderate physical activity every day. Make it a goal to walk more daily. It is all about the mindset—no one needs to jump right into it. Baby steps are perfectly fine. The important thing is to get moving.

### *Get adequate rest.*

Lack of adequate rest can adversely affect the immune system. Studies show that people who do not get enough sleep, or do not get enough quality sleep, are more likely to fall prey to infections. They also recover slower. Long-term lack of quality sleep also increases the risk of disease, such as heart disease, obesity, and type 2 diabetes.



### *Be happy.*

Some research shows that our mood can affect our wellbeing. In a study involving breast cancer patients, researchers found that those who had better stress management had less inflammation and cancer spread.



### **Make Your Choice**

Focus on prevention or take a chance with a “cure”?

The cost of a “cure” is a roll of the dice. Will we even be cured? Most diseases are “managed”—not cured. In other words, they never go away. What sort of possible long-term complications lie in wait from all the medications? Were those extra meals of junk food, those extra nights spent lying on the couch watching TV dramas really worth the pain of a disease and the agony inflicted on our family when they see us suffer?

The costs of prevention is simple. Give up junk food. Instead of taking a taxi, walk for 10 minutes more. Choose to go to bed instead of staying up watching the new TV episode.

Our health is our responsibility and our choice. And our daily choices will either add up to a healthier or a bleak future.

This is what Nutritional Immunology is all about. It is about having the knowledge to know what the costs are. It is about having responsibility over our own health. It is about picking the right foods to eat to support our immune system. It is about changing a lifestyle, because health is more than what we eat. It is about understanding that practicing prevention is always better than seeking a cure. It is about having the wisdom to know what price we would rather pay.



The Lifelong Learning article is contributed by Dr. EE Zhang, MBChB.

*Knowledge is power. Knowledge is instrumental to value-creation and is a critical asset in life. It is in many ways the primary instrument of progress and innovation. However, knowledge can be messy, particularly when false. Today, information spreads rapidly and comprehensively, and websites and social media outlets are easy access points for false information.*

*We're here to help discern fact from fiction. Knowledge becomes powerful in the right culture—collectively sharing in the truth and continually seeking progress and ideas. Building the right knowledge base is neither a short-term effort nor a one-off project. It is a lifelong process of discovery.*

## Questionable Therapies and Devices

### Bioresonance Therapy

Bioresonance therapy does not work and has no place in modern medicine. According to U.S. FDA classifications, bioresonance therapy devices cannot be legally marketed in the United States for diagnostic or treatment purposes. Accordingly, the U.S. FDA has banned the importation of such devices into the United States.

Bioresonance therapy is based on the unproven idea that diseased organs and cancer cells emit electromagnetic waves that are different from those by healthy cells, and changing these waves back to normal will heal the body. It is purported to diagnose diseased internal organs and treat them by “normalizing” the electromagnetic waves. Unsubstantiated health benefit claims include the diagnosis and treatment of allergies, asthma, eczema, and even cancer.

There is no proof to bioresonance therapy claims. There is no evidence that diseased cells have different electromagnetic waves. There is also no proof that bioresonance therapy devices can diagnose illnesses. In fact, what little research that does exist refutes these claims.



There is no validity to the claims that bioresonance therapy devices can kill tumor cells by releasing “suppressed” tumor suppressor genes. These genes are not “suppressed;” they are mutated. Once mutated, tumor suppressor genes cannot perform their normal functions of slowing down cell division, repairing DNA mistakes, and causing defective cells to self-destruct. Neither can they be “released” nor restored to normal.

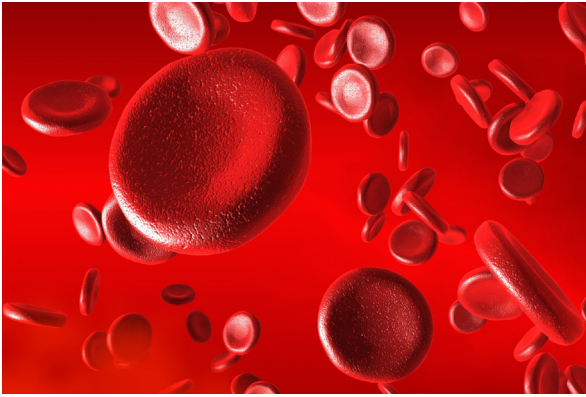
There is also no evidence that shows bioresonance therapy devices can detect or treat cancers. The U.S.

Federal Trade Commission has even successfully sued those using bioresonance therapy devices for the “unsubstantiated” and “harmful” claims that bioresonance therapy can cure cancer.

Bioresonance therapy has no scientific validity. Practitioners who use them are either deluded, or running a scam.

### Ultraviolet Blood Irradiation

Ultraviolet blood irradiation is used in both conventional and alternative medicine for different purposes.

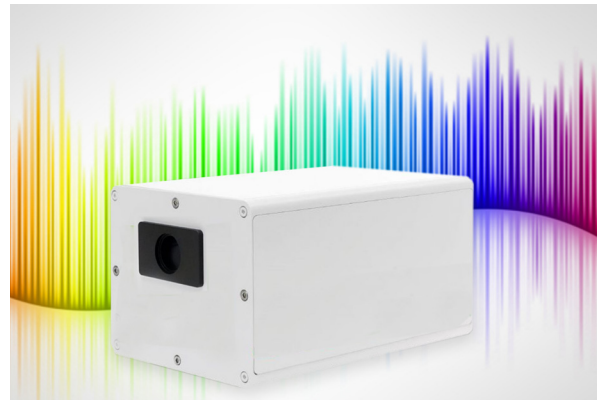


In conventional medicine, UV blood irradiation (also called photopheresis or extracorporeal photochemotherapy) is an FDA-approved treatment for cutaneous T-cell lymphoma. It involves the use of a drug called methoxsalen.

Alternative practitioners provide UV blood irradiation (without the use of methoxsalen) and claim to be able to treat infections and diseases by irradiating the blood with UV light. They say that it is the “cure that time forgot.” It was very popular more than 70 years ago but faded with the use of antibiotics.

Believers claim that UV blood irradiation was suppressed from public use as a conspiracy in favor of antibiotics. They claim that it can be used to treat more than 60 different ailments, from depression all the way to AIDS. There is no proof to any of their claims. There is a good reason it faded from popularity all those years ago—it does not work. The claims of being able to improve circulation and oxygen saturation, reduce pain, modulate the immune system, and lessen inflammation are nothing more than fantasy. As early as 1952, scientists found that UV blood irradiation was ineffective. The American Cancer Society stated it “does not have evidence that treatment with Ultraviolet Blood Irradiation Intravenous Treatment results in objective benefit in the treatment of cancer in human beings.”

Previous UV blood irradiation devices extracted blood and irradiated it in an external light box before returning it to the patient’s body. Newer devices deliver UV, red, and green light wavelengths directly into the bloodstream through an IV catheter. There is not enough evidence to show that this alternative treatment is safe or effective. Outside the body, UV light can kill bacteria and viruses, but even that requires some time and a sufficient dosage of UV light. Inside the body, however, a steady stream of UV light can cause surrounding tissue damage and harm the DNA of healthy cells.



### Antioxidant Scanner

An antioxidant scanner is a scanner that claims to give you an “accurate and reliable biomarker of your overall antioxidant health status.” It does not have U.S. FDA approval for its marketed use. The scanner is used to scan the carotenoid levels in the skin. Carotenoid levels in the skin may reflect how many vegetables you eat, but it has not been proven to reflect the levels of antioxidants in the body. There is no major review from large health organizations, such as the Mayo Clinic, to support their claims.

Additionally, antioxidant supplements, such as antioxidant pills, have not been proven to improve health. What has been proven to improve health, and prevent various diseases, including heart disease and cancer, is a healthy diet full of a variety of fruits and vegetables.



Good things come in pairs. So here’s another Beyond article. Enjoy!



# Just Another Expensive Way to Buy Water



## Alkaline Water

This is also known as “basic” water or “ionic” water. Some people believe that disease happens when the human body becomes more acidic, so they need to eat or drink more alkaline foods to reduce the acidity. Some claim that alkaline water cures cancer, gets rid of headaches, and “energizes” and “detoxifies” the body. None of this is backed up by science.

The human body’s pH is very tightly controlled to stay in a range of 7.35 – 7.45. Blood pH beyond this range occurs when someone is close to death. Your body controls its own pH, it does not need outside help. It is very difficult to change your body’s pH through what you eat and drink.



Let’s take a look at the pH of the stomach. Due to the very acidic hydrochloric acid in your stomach, the pH is between 1.5 to 3.5. Alkaline water on the market is usually just normal water with dissolved minerals in it. For example, sea water is actually very alkaline, with a pH of about 8.1 because it has so many dissolved minerals like salt in it! On average, the stomach contains about 100 ml of acid. To neutralize the acid, you would have to drink about 30,000 ml of alkaline water, and that is assuming the stomach has stopped producing acid entirely. If you do that, you will die of water poisoning before the acid is neutralized.

Drinking alkaline water does not change the pH of the body. There is no evidence that drinking alkaline water has any benefits whatsoever. Do not waste money buying alkaline water. There are some machines that claim to be able to “ionize” or change the pH of your water. Those are not useful either. If you are desperate for alkaline water, it is easy to make your own at home. Simply mix water with baking soda, but do not expect it to do you any good.

## Hydrogen Water

Companies claim that adding more hydrogen to water increases energy, improves recovery after a workout, and reduces inflammation, among other things. Small scale studies have been done, but there is still no proof of these claims. Drinking hydrogen water also does not cure disease.

Hydrogen is a gas. Normal water packaging does not contain the hydrogen because hydrogen can move through plastic and glass. Even if it was contained, once you open the bottle, the hydrogen will quickly disappear. Additionally, plain water already contains hydrogen. Buying hydrogen water is wasting money on extra packaging, without any real health benefits.

### Redox Water

Redox water claims to contain only redox signaling molecules to promote immune function, support cellular communication, support athletes, and protect against free radical damage. There is no proof behind these claims.

Redox refers to the chemical reactions of oxidation and reduction. All atoms have electrons. Molecules are made up of atoms. Oxidation occurs when a molecule loses electrons, while reduction occurs when a molecule gains electrons. Reduction and oxidation must occur at the same time because in order for one molecule to gain electrons, a different molecule must lose electrons. In the end, there is no change in the total number of electrons. Redox water claims that only reduction occurs—this defies how chemistry works. Reduction and oxidation go hand in hand.

Redox molecules are not special. They are everywhere. There is no single “redox molecule;” there are multiple. For example, nitric oxide, hydrogen sulfide, carbon monoxide—these are all classified as redox signaling molecules. Redox water is not special; if you look at the ingredient list, it is just salt and water.



These different waters are far from the only ones. There are multiple different types of water out there—from nano water, oxygenated water, small molecule water to even diet water. When it comes to water, any water is good enough as long as it is clean and safe to drink. There is no need to buy “different,” “unique” or so-called “special” water, especially in countries with safe tap water. If simply adding ingredients like salt or different gases to water actually cured diseases or helped our health in any way, it would have been taught in medical school, it would have been promoted by the scientific community. Hospitals would only use this water for their patients. The fact is, no health authorities around the world allow for any health claims for any type of water. The only thing this water is good for is transferring money from one pocket to another.



The Beyond articles are contributed by Dr. EE Zhang, MBChB.

# Integrity



## **The Sampoong Department Store**

It was the early morning of June 29, 1995. The sun had just cracked over the eastern horizon, casting its first rays upon the towering forest of concrete and steel. Daylight pushed its way through the barely perceptible mist of the smog hanging over the megapolis of Seoul, Korea to light upon a curious building that stood among the urban forestry. Situated in the wealthy district of Seocho, the upscale Sampoong Department Store boldly wore its soft pastel pink, accented with deep streaks of blue, amidst a sea of associates clad in muted shades of gray. The Sampoong was a popular spot for the upper-middle class, boasting many thousands of visitors every day, drawn to the promise of colorful luxuries in its cool, air-conditioned chambers of elegance. A network of escalators and elevator shafts circulated its visitors from one delicacy to the next, in a seemingly unending circuit of modern, capitalistic escapism. To the unusually large crowd drawn to the Sampoong on that day, the building looked little worse for the wear from its initial construction five years prior. But by the end of that same day, this proud symbol of the district's opulent frivolity would stand stripped of its distinct pastel pink, with its bowels of concrete and rebar on full display to the gawking dismay of the entire nation. For years, the collapse of the Sampoong Department Store would hold the distinction of being the deadliest modern building collapse with 502 dead and 937 injured.

What caused the death of these 502 people? With the expansion of our senses afforded by the hindsight of 25 years, we might peer inside the structure that fateful morning and spy ominous cracks in the roof, tracing its spider-web fingers down the support columns onto the floor of the fifth and top-most floor of the department store. We might see 50-tons of air-conditioning equipment humming to life as the day heated up, the vibrations eating away the already tenuous innards of the Sampoong until at 5:52 PM, an unseen line was crossed and the entire south wing of the building caved in, killing 502 and trapping 1,500 patrons in the wreckage. We might conclude that the cause of this tragedy was the compromise of Sampoong's structural integrity. Structural integrity is the ability of an object to hold together under a load. When structural integrity is compromised, the building collapses.

Yet we must ask again, what caused the death of these 502 people? Not the compromise of the building's structural integrity, no; the truth of the matter lies behind the veil of the human heart. The construction of the Sampoong began in 1987. The original plan and design of the Sampoong Department Store was a four-story residential building. But the owner of the building, eyes fixed firmly on profit, decided to switch the project to an upscale department store. Support columns were removed to make room for escalators, weakening the overall structural integrity of the Sampoong. A fifth floor was added on top of this already compromised structure. 50-ton air-conditioning equipment was placed over the weakest points of the roof, adding more strain to the already over-loaded structure. Two separate construction firms protested against such foolishness, and were promptly replaced by more obedient crews. The compromises in the structural integrity of the building were discovered hours prior to the actual collapse of the building, but the selfish owner would not shut down or evacuate the Sampoong. The crowds that day were simply too large, the money flowing too freely. The owner himself, of course, evacuated the building with several associates, leaving the doomed guests to pour their dollars into the owner's pockets even while the clock ticked silently down to their untimely end. Long before the structural integrity was sufficiently compromised to cause the building to implode, the human integrity of a multitude of men had been eroded through the constant exercise of lust and covetousness. Upon a more thorough consideration, we arrive at this conclusion: it was the compromise of human integrity that caused the death of the 502 people.



### **Will you hold up when put to the test of truth?**

As the integrity of a structure holds up that structure throughout its years of use, so, too, does the integrity of a man hold him up throughout his life. While the language of structural integrity is written with physics and engineering, the language of human integrity is written in values of morality. These two languages, though they may seem irreconcilably diverse at first glance, find themselves conversing in the common tongue of truth and honesty. Consider the dishonesty of the Sampoong's physical design. It purported to support weights it could never hope to support and showed itself strong when it was, in fact, weak. It was a convincing lie, but man cannot persuade reality to behave contrary to itself. The truth of the physical law—that a building that cannot bear its own weight must fall—put Sampoong's lie to the test, and proved it vain in that its lies could not hold it up. In time, all things—men and buildings alike—are put to that same test of truth. When truth puts us to the test, what will hold us up? Only our integrity.



### **What does it mean to be a company of integrity?**

When we built E. Excel, we built it to stand the test of time. We sought to build a company of integrity, and seek still for that same goal. What does it mean for us to be a company of integrity?

We say that we are a company built on the bonds of family, caring for one another, supporting one another, and lifting one another up through good times and bad. We say that we are a company dedicated to educating our fellow man: sharing with our neighbors what it truly means to be healthy, and not sharing products for profit only. These are not mere claims. Rather, we are built upon the strong foundation of our integrity; with great stones of truth and sincerity. We say what we mean, and mean what we say.

Human integrity is made manifest in the honest marriage between words and actions, and made sure by the lifelong commitment of that marriage, through thick and thin, through good times and bad, through feast and famine. We not only say we are a family, but we are, in truth, a family, not only in words but also in actions. We invest our resources in creating an environment where kindness and cooperation is encouraged, identified, and rewarded. We not only say we are dedicated to education, but we, in truth, educate those around us, investing our resources to rigorous research and preparation of teaching materials, and equipping you, our E. Excellers, to share our insights and knowledge with your friends, family, and neighbors. As a human organization, this is our integrity, which has and shall preserve us in the years to come.



### **The Integrity of E. Excel Rests Upon Every E. Exceller's Integrity**

You, our E. Excellers, are the stones of this building we erect together and the manifest proof of our integrity as a company. Should the building's integrity be any more or less than the integrity of its constituent parts? For a structure stands only as strong as its weakest part—so too does the integrity of our company rest upon the integrity of its individual members. You, as a member of a company of integrity, must be a person of integrity: as you assume the title of E. Exceller, you also take upon yourself the duty

and responsibility of walking in your own integrity. Not seeking after dishonest gains, but seeking to gain through an honest commitment to the values of the company that you represent. Walking in the wisdom of integrity, not because we demand it, but knowing that only your own integrity can hold you up over time. For we know in the wisdom of experience, that time will test every man, and integrity will preserve those who walk in it.

### **The Pantheon of Rome**

Consider now a building that stands in the ancient city of Rome. Magnificent and venerable Corinthian columns of granite and marble tower over the modern man and hold up the roof of a solemn and elegant porch that rises 33 meters high. That porch, which demands our respect by the sheer weight of its antiquity, pales in comparison to the ancient beauty of its interior, which takes captive our imagination and expands it to fill its immense dome. Now look down, and you will see a pavement of grey, red, yellow, and purple; of granite, of porphyry, of marble, upon which walked the Caesars and the Augustus, the senators and emperors, the feet of the masters of the ancient world 2,000 years ago. Built in 125 AD, the Pantheon stands in large part unchanged from that time today, in stark contrast to the Sampoong which, having collapsed after a mere five years, is now nearly forgotten. It is a testament to the integrity of the building and its builders that we may today step inside the Pantheon with no less confidence than the generation of its founding. May we, as a company of integrity, stand as does the Pantheon: and you, as a person of integrity, stand as the columns thereof.



The Professional Development article is contributed by Elei Zhang, JD.

**Q1 What are the digestive enzymes in my body?**

Digestive enzymes are proteins that the body produces to help break down food. These enzymes are secreted at various points of the digestive system. Some are secreted in the mouth, and others further down the digestive tract. Specific types of enzymes break down specific types of food. For example, protease and peptidases break down proteins, lactase breaks down lactose, and amylase breaks down starches and sugars.

**Q2 Who should be using enzyme supplements?**

Enzyme supplements should only be used if people have a health condition that affects their enzyme production, such as chronic pancreatitis and cystic fibrosis. People with these known deficiencies take prescribed enzyme supplements to substitute for their lack of natural enzyme production. For example, people with chronic pancreatitis have trouble secreting enzymes made by their pancreas, so their doctors will give them enzyme supplements.

Normal, healthy people who do not suffer from a condition that affects their enzyme production do not need to take enzyme supplements. There is no evidence to support any claims that over-the-counter enzyme supplements help with weight loss, food allergies, or help improve digestion.

**Q3 Would having more enzymes help?**

No. Enzymes do their job well and their production is controlled by your body. Your body will produce the enzymes it needs. More does not help.

Our body keeps tabs on what we eat and based on the composition of the food will secrete different amounts and combinations of enzymes. Supplements will not be able to match the perfect combination of enzymes secreted by our own body.

**Q4 How are enzyme supplements made?**

Enzyme supplements are commonly produced from pancreases of animals, such as pigs, cows, and lambs. Sometimes they come from plants, such as bromelain from pineapples. Others come from purified molds, yeasts and fungi created by recombinant DNA technology.

**Q5 Are enzyme supplements regulated by the U.S. FDA?**

Enzyme supplements are not regulated by the U.S. FDA, and thus we do not know if they are safe or effective. There is no good dosing data, and there is always a chance they may be contaminated with impurities. Enzyme supplements should be taken with caution.



#### **Q6 What are the side effects of enzyme supplements?**

Enzyme supplements are not without side effects. In fact, taking enzyme supplements in the absence of a specific deficiency can actually trigger symptoms people are trying to avoid! For example:

- Nausea
- Bloating
- Neck pain
- Swelling of legs and feet
- Biliary tract stones
- Inflammation of the stomach
- Liver and kidney damage
- Diarrhea
- Headache
- Nasal congestion
- High or low blood sugar
- Renal cyst
- Muscle spasm

Enzyme supplements may also interact with medications, such as blood thinners, antacids, and diabetes medications.

#### **Q7 What should I take instead?**

Many people take enzyme supplements thinking that they are a cure-all for any sort of digestive symptom. However, many digestive symptoms for healthy people are not due to enzyme problems, so taking enzyme supplements to give the body extra unneeded enzymes is unlikely to help.

Many common digestive complaints, such as constipation, or even more severe problems such as diverticulitis, can be improved by just changing the diet. One of the main causes of these problems is a diet low in fiber. The modern diet tends to be heavy in meat instead of plant foods. This means most people only eat about 15 grams of fiber a day when they should be eating about 30 grams of fiber a day. 30 grams of fiber is about 10 apples with the skin.

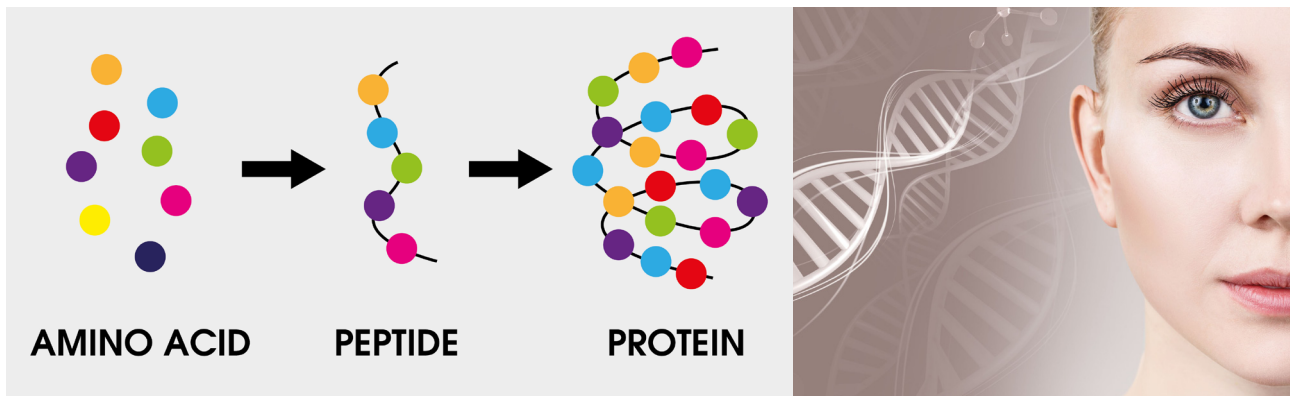
When it comes to relieving digestive symptoms, it is much better and safer to address the root cause of digestive issues by changing your diet and making a point to eat more dietary fiber.

#### **Q8 What are “mitochondrial” supplements?**

Mitochondria, as commonly taught in schools, are the “power house” of a cell. However, scientists still do not understand what exactly mitochondria do. Many “mitochondrial” supplement claims, such as giving you more energy or slowing aging, are unfounded.

#### **Q9 What about coenzyme Q<sub>10</sub> supplements?**

A popular mitochondrial supplement on the market is coenzyme Q<sub>10</sub> (CoQ<sub>10</sub>). It is marketed as being able to protect against oxidative damage and help boost cellular function. However, there is no conclusive scientific evidence of any health benefits.



The U.S. FDA does not allow any claims on CoQ<sub>10</sub> for treatment of any medical condition. CoQ<sub>10</sub> may decrease the effectiveness of chemotherapy and radiation therapy, according to the Memorial Sloan Kettering Cancer Center. Some side effects associated with CoQ<sub>10</sub> supplements are diarrhea, nausea, and heartburn. People with heart, kidney or liver conditions or diabetes should be careful, as it may affect liver enzyme levels. CoQ<sub>10</sub> also interacts with blood thinners and thyroid medications.

**Q10 What are some common peptide supplements?**

Some common peptide supplements are collagen peptides, creatine peptides, and peptide hormones.

**Q11 What are peptides?**

Peptides occur naturally in the body and are found in natural foods. They are short chains of amino acids (the building blocks of proteins).

Peptides are like smaller versions of proteins. They contain fewer amino acids than proteins do.

**Q12 Why do people take peptide supplements?**

People take peptide supplements for various reasons. For example, people take collagen peptides for supposed anti-aging properties, and creatine peptides or peptide hormones for supposed muscle-building properties. Some people claim that because peptides are smaller than proteins, they are more easily absorbed and digested.

**Q13 What happens when you take peptide supplements?**

The body will digest and break down peptide supplements into the component amino acids. The body then takes these amino acids and uses them to fulfill different needs. These needs are not based on a person's preferences. For example, the body might not use the peptides for muscle-building purposes even if that is what the person taking the supplement wants. If a peptide was a chair, then the body would break down that chair into different pieces of wood. These pieces of wood will then be shipped around the body to create more structures. Those structures could be tables, lamps, or shelves and not necessarily more chairs. There is no way to force the body to use peptides in the way you wish.

**Q14 Do collagen peptides work?**

Collagen peptides are also known as "hydrolyzed collagen." It is prudent to be skeptical of the health claims about collagen, such as anti-aging, making wrinkles disappear, improving skin tone, improving bone health, or reversing arthritis. Many of the existing studies regarding collagen supplements have been funded by the industry selling said supplements.



They have a vested financial interest in making these supplements look good, so these studies should be taken with a pinch of salt. Currently, even if some small studies show benefits to consuming collagen supplements, it is unknown if the benefits are truly due to the supplements, or because the study participants improved their diet in general. If people improved their diets in general, it is not far-fetched to say their health would also improve. In fact, it is expected.

If someone wants to protect their skin and delay signs of aging, there are much more important factors to consider than taking collagen supplements, such as protecting the skin from damage to begin with. For example, sun damage and smoking are factors already proven to affect the integrity of the skin. Simply kicking a bad habit, and putting on sunscreen will yield better results than relying on supplements.

Consuming collagen directly is not actually necessary to support the production of collagen in the body. The amino acids necessary for collagen production can come from any protein source, including plant proteins. Besides these amino acids, other nutrients are also important for collagen formation, such as vitamin C, and minerals such as zinc. All of these nutrients can be found in plant foods.

If someone is set on getting more collagen in their diet, they should, at least, not get their collagen from animal parts. There are healthier and safer alternatives. Most collagen supplements come from animal parts, such as bones or hooves. Heavy metals and toxins collect in the bones of animals, and in the process of extracting collagen, these toxins can become part of the supplement.

Collagen supplements also tend to be very expensive. In fact, gelatin and collagen contain the same amino acids. So, to save some money, instead of buying collagen supplements, you can just buy gelatin. It is much cheaper and it contains the same amino acids you want.

### **Q15 Should people take creatine peptides?**

Most creatine supplements are manufactured synthetically from sarcosine and cyanamide. Creatine is not essential to supplement since the body produces it on its own. However, many athletes take creatine supplements, because they think it is a shortcut to increasing their muscle size and strength. Although generally safe, there are some risks associated with creatine supplements, such as:

- Damage to the liver and kidneys
  - Do not take it if you have kidney problems
- Interaction with nonsteroidal anti-inflammatory drugs, such as ibuprofen (Advil, Motrin IB, others) and naproxen sodium (Aleve and others).



There is no need to take creatine supplements. Achieving muscle size and strength is completely possible without supplements. In fact, exercise combined with a healthy diet should be the goal, not achieving big muscles through any means necessary. Taking creatine supplements is not a healthy choice and not the shortcut people believe it to be.

**Q16 What about peptide hormones?**

Some athletes are turning to hormones and peptides in an effort to bypass doping regulations. It is just the latest in the market of quick fixes and shortcuts. These peptides, such as growth hormone-releasing peptides, are banned by the World Anti-Doping Agency and many other places, as they are considered to be illegal performance-enhancing drugs not approved for human use.

**Q17 What is fermentation?**

You might not have studied the fermentation process, but you would have probably tasted fermented foods and beverages. Examples include cultured milk and yogurt, tempeh, miso, kimchi, sauerkraut, and kombucha.

Historically, fermentation has been used as a way to preserve foods. During fermentation, microorganisms (e.g. yeast and bacteria) that naturally occur in the food or are added will break down the sugars and starch in the food into alcohols and acids, which act as natural preservatives.

Today, people regard fermented foods and beverages as healthy. They believe the naturally occurring bacteria are good and help improve digestion. Even though most well-prepared fermented foods are safe, caution should still be taken.

**Q18 Are pickled foods fermented?**

Many pickled foods are fermented. Take, for example, sauerkraut, dill pickles, and kimchi. Pickling foods start with a brine (salt water) whereby bacteria ferment and produce acid. This is why even though vinegar may not be added during pickling, the resulting food still tastes acidic.

**Q19 Fermented foods contain only “good” microbes. True or false?**

False. Food materials used for fermentation may not be sterile to begin with, so they may harbor microbes (mold, fungi, and bacteria) that are “bad.”

Furthermore, even “good” microbes can turn “bad.” For example, *Rhizopus* spp. are commonly used to produce fermented soybean in Japan and tempeh in Malaysia and Indonesia. However, researchers have found that some *Rhizopus* spp. have become opportunistic pathogens, or “bad,” in immunocompromised consumers.



**Q20 What are some risks of eating fermented foods?**

Fermented products may contain microbes that are harmful.

The bad microbes might not be killed or even detected during food preparation prior to fermentation, and can continue to secrete toxins throughout the fermentation process.

The toxins damage genes and cells and increase cancer risk. They are also harmful to the fetus, and will particularly damage the liver and kidneys. Examples of such toxins include mycotoxins, bacterial toxins, biogenic amines, and cyanogenic glycosides.

**Q21 Does cooking fermented products under high heat destroy the toxic byproducts of fermentation?**

High heat may kill both “good” and “bad” bacteria, but does not destroy all the toxic byproducts of fermentation.

**Q22 Can a diet high in fermented foods cause stomach cancer?**

Common preferential foods consumed in a particular country may correlate with an increased risk of stomach cancer. As of 2018, South Korea had the highest rate of stomach cancer followed by Mongolia, Japan and China.

**Q23 Can normal fermented products cause harm?**

**Kombucha:** Kombucha is made by fermenting yeast, sugar, and black or green tea. There have been cases of fungal and bacterial contaminants causing liver and kidney toxicity, as well as life-threatening infections.

**Yogurt:** Dannon and General Mills have settled millions of dollars in lawsuits for false advertising claiming their probiotic yogurts offer scientifically-proven health benefits such as regulating one’s digestive system.

**Red yeast rice:** It is also known as red kojic rice, anka, or red fermented rice. The bright red color of the rice comes from a mold known as *Monascus purpureus*. The mold produces monacolin K, which is identical to lovastatin, a prescription drug that can cause side effects such as myopathy and liver damage. The U.S. FDA warns consumers to not buy or eat certain red yeast rice products as they may contain an unauthorized drug that could be harmful to health. Some red yeast rice commercial supplements have been found to contain high levels of the toxin citrinin (mycotoxin).



#### **Q24** Can fermented foods act as probiotics?

Probiotics are live bacteria and yeasts promoted as having health benefits. They are often described as “friendly” or “good” bacteria.

The microbes inside fermented foods are not always “good” microbes. Most people take probiotics in the hope of calming intestinal symptoms, or to have healthier gut bacteria. This can be achieved in safer and better ways.

If you are taking fermented foods just for the sake of probiotics, consider wholesome foods with high amounts of fiber instead. Probiotics do not encourage a healthy gut microbiome, while a healthy diet full of fiber does. A high-fiber diet encourages the growth of good bacteria and can help sustain a healthy population of that bacteria in the gut.



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**丞燕国际机构**



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