Breast Cancer is a modern day scourge

The disease of breast cancer is not only very dangerous but is unfortunately also increasing in frequency and morbidity. According to the New Zealand Breast Cancer Association, this type of cancer is expected to reveal 2,500 new cases each year amongst women, with approximately 20 men also being diagnosed to have this condition. With more than 600 women dying annually from this disease makes this the leading cause of cancer related deaths in females. Doctor Ruth Cunningham from the Department of Public Health reports that “rates for European women rose from 114 to 170 per 100,000 women over 25 years and are comparable to figures from other developed countries.” However there is in New Zealand one puzzling anomaly when it comes to the statistical analysis of this disabling disease. The rate of Maori women having this condition compared to Europeans over the past two decades has increased from 123 per 100,000 women to 210. “It is still a bit of a mystery why Maori rates have increased 70% compared to 50% for European/Other over the research period, and at this stage we can only speculate on some of the possible reasons,” says Dr Cunningham. This information which was published by Otago University on February 15th of this year, demonstrates that the matter of breast cancer is being taken very seriously indeed. As our small business

Antibiotic use is a flashing indicator for Cancer risk

The International Journal of Cancer August 14th edition tells about a nationwide cohort study to determine whether antibiotic use predicts the development of various cancers. The research included 3,112,624 individuals, aged between 30-79 years, with no history of cancer. Information on their antibiotic use between 1995-7 was obtained from the Drug Prescription Registry in Finland. During the period 1998-2004 134,070 cancer cases were documented from the Finnish Cancer Registry. Antibiotic use was associated with increased risk of cancer as follows. Those having 0 -1 antibiotic prescriptions the risk was 1.0 In the group having 2-5 prescriptions the risk of cancer became 1.27 or an increase in relative risk of 27%. Those who had 6 or more prescriptions the risk was 1.37 and increase of 37%. Relative

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“What a difference a day makes” sang Dinah Washington many years ago. However since we last wrote you many significant things have happened on the local and world scene. Could anybody have predicted the unrest in conservative Britain? And as to the polar blast that hit us and is only now departing the scene, although more predictable than the hooligans in England still came as a shock to us as it hit new records. Our weather patterns are certainly changing and are having more impact than ever before. A talking about changes brings us to something that is going to affect us all. Nature’s Sunshine N.Z is contemplating huge adjustments that we have had some insight into recently, and shall be elaborated on at a special and important meeting being held at their office in Albany on the Saturday of August 27th. Basically it amounts to this: If change does not occur we who are part of the direct marketing side of Nature’s Sunshine are going to miss out, and that is something management is commendably concerned about. We shall keep you informed about these new developments. We missed last month’s newsletter because of enjoying the school holidays and tax returns needing completion, however we are back into it again.

Kind Regards Gordonna

To order your products Phone : 09 - 570-7559 and speak to Gordon Bruce (Editor)
Breast Cancer is a modern day scourge

According to the American Institute for Cancer Research more than 100,000 cancer cases in the U.S.A. are linked to excess body fat - most of it preventable.

Increased fat is linked to:
- most of it preventable.
- 49% of endometrial cancers (20,700 per year)
- 28% of pancreatic cancers (11,900 per year)
- 17% of breast cancers (33,000 per year)
- 21% of gallbladder cancers (2,000 per year) being just some of them.

Vitamin D deficiency can cause severe mental disorders in children compared to those who have normal levels according to a study presented at the annual American Psychiatric Association in Honolulu.

First study author Mini Zhang, M.A. said “the prevalence of vitamin D deficiency (43%) was most common in children with psychological disorders compared to other mental health disorders.”

Some other researchers have also said that low vitamin levels can lead to autism in children.

Cat’s Claw, or una de gato has been used traditionally for many centuries by Peruvian medicine men for a variety of ailments. Doctors in Peru have used it to treat 14 types of cancer.

believes that any health condition can be successfully dealt with by the incorporation of the 7 principles of Naturopathic Medicine, we have written this article with 3 questions in mind to answer.

(1) What causes breast cancer?
(2) After having this condition diagnosed what is the best way to proceed?
(3) How can one prevent getting breast cancer?

What causes breast cancer?

A simple question - and oh how we wish that there was a simple answer that could be given. However cancer is a difficult subject to explain at the best of times and this present topic is no easier either. Despite this fearsome task we will plunge on into it and attempt to bring some clarity to the discussion.

If there was one single cause of this disease and it was well known, then a lot of good would have come to those who suffer from breast cancer and who seek a permanent cure. However from most of the world authorities on this matter comes unclear answers. Suggestions such as hormones, diet, lifestyle habits, genetics, body structure and age are all mentioned as possible risk factors when discussing this health issue. However in searching for an answer to this question we must raise the reason/s for getting cancer in the first place. This is because breast cancer is in reality a type of cancer, and frequently manifests itself in a part of the body where it can thrive. No better place can cancer cells get sufficient nutrients than in the fatty tissue of a woman's breast! When discussing cancer in the December 15th 2009 issue of our newsletter, on page 2 under the subheading “What is today considered the main reason why Cancer exists in today’s society?” it was considered by two eminent gentleman that cancer comes from environmental issues. Although we agree that is probably a significant cause of cancer, it is too nebulous when it comes to attempting to answer the subheading question. We believe the opinion of Henry G. Bieler, M.D. in his book Food is Your Best Medicine on page 34 is much closer to assisting us. He states “To me, true health is much more. It is achieved by following the laws of nature; when you break them, illness results. Health is not something bestowed on you by beneficent nature at birth; it is achieved and maintained only by active participation in well defined rules of healthful living - rules which you may be disregarding every day.” (bolding by G.B) And in discussing cancer in this book the author quotes from a Dr. Frederick Hoffman who was for many years chief statistician of the Prudential Life Insurance company. He was an author of a dictionary sized book on cancer and diet written after he made exhaustive studies all over the world. He concluded “I am fully convinced that profound dietary influences in cancer are to be looked upon as a causative factor.” To his conclusion we can add a more recent observation found in the Oxford Food & Fitness Dictionary: Diet has featured strongly in cancer research. Results are often inconclusive, but there are clear indications that some diets can affect the risk of

Antibiotic use is a flashing indicator for Cancer risk

Antibiotics were shown to be associated with the risk of breast cancer. They also poses a 30-40% increased risk of getting breast cancer, however the antibiotic users had a 60-80% risk factor. The researchers place their results in the context that antibiotics may be associated with the risk of breast cancer through their effects on the immune function, inflammation and metabolism of oestrogen and phytochemicals.

Reported by Barbara L. Minton in the Natural News 13/11/08
Breast Cancer is a modern day scourge

**Common breast disorders**

The breasts are strongly influenced by female sex hormones, and common symptoms, such as lumpiness and pain, are often related to hormonal changes of the menstrual cycle or during pregnancy. Most types of breast lump are non-cancerous and many do not need treatment, although all should be investigated by a doctor. Breast cancer, the first symptom of which is usually a painless lump, affects about one in nine women.

- **Fibroadenoma**: These painless, firm masses are non-cancerous. They are most common in women under the age of 30.
- **Cyst**: Cysts are fluid-filled sacs within the breast. They are usually non-cancerous.
- **Breast abscess**: An abscess (collected pus) may develop in the breast after bacteria enter through a crack in the nipple.

Breast cancer

This is one of the most common cancers in women. The main symptom is usually a painless lump; nipple discharge, indrawing of the nipple, and dimpling of the skin (shown above), may also occur.

- **Fibroedystrophic disease**: This is an overgrowth of fibrous tissue that may cause pain and lumpiness.
- **Abcess**: An abscess (collected pus) may develop in the breast after bacteria enter through a crack in the nipple.

**Fatty tissue**

**Dimpled skin**

**To order your products Phone : 09 - 570-7559 and speak to Gordon Bruce (Editor)**
use or undergo, the drugs we take (prescriptions, over the counter, tobacco, alcohol, etc.), the cleaning agents and chemicals we use daily in and around our homes, work, etc. All of this can and often does destroy the lives of people without them ever knowing the problem originated in the colon. Some of the diseases or problems that may start in the colon are colon cancer, obstructed bowel, irritable bowel syndrome and diverticular disease. Other diseases can start in the colon and may then get transported elsewhere in the body since the colon is the distribution centre for the nutrients we consume. Candidiasis is one example of a problem that may originate in the colon but shows up elsewhere. (End of quote) Active Health Services is extremely grateful to have discovered this material because we believe that this assists us considerably in arriving at an answer as to the cause of breast cancer. Did you notice the comment “Other diseases can start in the colon and may then get transported elsewhere in the body since the colon is the distribution centre for the nutrients we consume.”?

That is what contributes greatly to the spread of cancer, and particularly so when toxic substances lodge in the fatty tissue of a woman’s breast and cause her cell/s to degrade and start becoming a danger to her overall health. So there it is folks!! It all begins in the colon - an unclean colon leads to health deterioration, which then if not arrested begins a cascading effect and leads to all sorts of health problems, with one of them being breast cancer.

After having this condition diagnosed what is the best way to proceed?

The medical profession has had at its disposal three basic methods of treating cancer: cut it out by surgical removal of the tumour (or breast/s) if that is possible; poison the cancer by powerful introduction of chemicals; burn it out by use of radiation. None of which is particularly appealing. (Two other recent methods involve the use of hormones and genetic material) The question is what is the best way of proceeding after having breast cancer diagnosed? We believe the low success rate of the above methods described, should led a distressed individual to seriously consider what can be achieved by using the abundant products that are much kinder to the human body than that advocated by obsdurate physicians.

The very first thing that should be done upon a diagnosis of breast cancer (as well as other forms of it as well) is to immediately lower the amount of sugar consumed on a daily basis. Why? Because cancer cells require higher energy levels than normal cells in order to stay alive. Why is that you ask? Simply because a cancer cell is a corruption of the original cell and does not have the same blood supply as a normal cell does. This rudimentary blood supply is unable to deliver sufficient nutrients to feed the selfish and demanding cell. So it goes after the most powerful source of energy the body can supply. Yes, you are correct - sugar or glucose. By cutting down on sugar, and foods that produce glucose in the body (such as delicacies using refined flour or white rice) a person suffering from breast cancer is improving their chances of survival greatly. From Dr Jerry McLaughlin’s research (Dr McLaughlin is an Emeritus Professor of Pharmacognosy from Purdue University and had support from the National Cancer Institute) comes the following: “A cancer tumour typically has poor internal circulation because its structure is formed randomly. This poor circulation allows an acid barrier to develop around the cancer because the acidic wastes are not swept away by the blood flow. The acid barrier can effectively keep out enzymes the body provides to destroy the cancer. The excess acidity, as well as the ability of both cancer and trophoblast cells to manufacture enzymes, enables the cancer to spread by dissolving adjacent normal cells as a food source. This essentially creates the cancer’s own digestive system that is as viable as long as blood keeps slowly flowing. The acid barrier surrounding the site is possibly responsible for most of the damage and pain associated with cancers. The strong burning sensation experienced with skin cancers may be attributed to this strong acidity. A strongly acidic environment, especially local to the cancer, is believed to be the primary reason that cancer does not normally heal on its own.”

From this it can be seen that another way to combat breast cancer is to bring the body into a correct acid/alkaline balance which is measured as pH in the blood or urine. Did you notice that Professor McLaughlin drew attention to the need for cancer to have an acidic environment to enable it thrive? Due to this Active Health Services recommends the drinking of Liquid Chlorophyll on a daily basis as one of the simplest ways to correct an unbalanced pH level on our body. And by the way that goes for all types of diseases, for it is important that if we wish to enjoy good health having the value of 7.0 on the pH scale is vitally essential.

One of the best means of combating cancer in our body after having such a diagnosis, is to get on to the program recommended by Dr McLaughlin. Because cancer cells require up to 17 times more energy than a normally healthy cell in our body, using a product that reduces energy to our cell structure is a great step forward in endeavouring to restore a cancer patients health. It is similar to having a light dimmer attached to the lighting in our house. Although turning the dimmer to cause the lighting to go to a minimum means we are unable to read efficiently, we would still have enough light to easily navigate ourselves from room to room. In other words we could survive in such low lighting during the night time, and in some respects this reminds us of what may occur whenever a severe storm may place us in a similar position - using emergency low level lighting to enable us to see without being able to engage in our normal activities. It is the same to a cancer patient - reduce the energy levels available to our healthy cells - they will survive under such circumstances, however cancer cells cannot for they demand a higher energy level in order to continue operating. Due to their poorly constructed blood supply system (keeping in mind cancer cells are mutant) they need the extra energy to feed themselves. And that is how it is possible to kill cancer cells in our body, for without this critical energy level a cancer cell shrinks up and dies. This process is called apoptosis and in Greek this translates into the “dropping off” of petals or leaves from
plants or trees. In other words the death of a cancer cell is similar to the shedding of a petal or leaf, and they merely fall to the ground and become nothing. The longer this process goes on in a cancer patient’s body the cancer continues to erode away allowing the individual to slowly regain stronger health. Given enough time on this type of regimen the sufferer can expect to be given the happyhing words “you’re all clear.” What therefore is this product that can achieve this type of treatment? Dr Jerry Mclaughlin spent over 20 years of extensive research and in that time analysed and examined over 3,500 plants in an effort to arrive at an effective way to combat cancer. He found the unique qualities of the Paw Paw tree due to it having a rich source of acetogenins. He then went to work and found the best way to harvest from the twigs and leaves of this tree this unique quality of the Paw Paw tree. The extract from this harvesting is called Asimina triloba and within this extract are chemicals that interfere with the cellular production of energy. This Paw Paw extract works by blocking the production of energy in the engine room of cells (mitochondria) and the end result is that cancer cells get starved and this leads to their deserved demise.

This product Paw Paw has it’s effectiveness increased by associating with it three other products produced by Nature’s Sunshine. We have not got enough time or space to describe in detail how and why they assist in fighting cancer, sufficient to say the brief description that follows will help you to understand their place in combating this modern day scourge.

# 1839 Nature’s Immune Stimulator - an extremely powerful fighter in the cause of promoting good health. Contains Beta Glucans, arabinogalactan, colostrum, reishi & maitake mushroom and cordyceps.

# 1841 Protease Plus - contains protease enzymes that helps strip away the camouflage that cancer cells use to hide away from the patrolling immune system.

# 4098 Zambroza - a very powerful antioxidant rich juice blend with 11 highly nutritious fruit & herbal extracts. Contains Mangosteen, Concord grape concentrate, Red grape concentrate, Blueberry concentrate, Red raspberry concentrate, Red grape extract, Wolfberry, Sea buckthorn, Red grape seed extract, Green tea and Apple extract.

How can one prevent getting breast cancer?

Our business has at the bottom of the important sales invoice the motto “An ounce of prevention equals a pound of cure.” And that cannot be emphasised more when dealing with the modern scourge that is afflicting so many citizens of our society.

One simple piece of news that relates to what can be done in a preventative way appeared in the 16/10/2008 issue of Natural News. The heading of the article was: Night Lights cause Breast Cancer while you sleep. In a study conducted by the University of Haifa, Israel and published in the journal Chronology International it was discovered that the greater the lighting of a neighbourhood the higher the breast cancer rate. Women living with “average lighting” had levels 37% higher than those with low night levels. Those women who lived in the communities with the highest level of lighting had breast cancer rates 64% higher than those in the low lighting areas. There was no control relation with lung cancer and light levels, however the research on this matter had been suggested by prior research on rats that had been kept in cages that were kept lit at all times. Also humans that had to work night shifts were part of the study. Scientists believe that the carcinogenic effect of night shift work comes from the fact that light prevents the body’s production of the tumour suppressing hormone melatonin, which is normally produced at night. Light is in the blue spectrum, such as emitted by fluorescent lights, is particularly damaging to the body’s ability to make melatonin. Supporting this hypothesis is the fact that blind women, who cannot sense light and who as a result have higher than average melatonin levels, have lower breast cancer rates than other women.

Keep your sugar levels under control. In a series of studies in America the increased glycemic index and the risk of cancer was clearly established. The 7 year old Women’s Health Study found that those who consumed a diet which raised their blood sugar levels had a 135% higher risk of getting breast cancer!!!

Don’t wear a bra for very long periods of time. A women who wears her bra 24 hours a day is more likely to get breast cancer than a women who wears a bra for 12 hours. This is according to Sydney Ross Singer who as a medical anthropologist along with his scientific wife assistant wrote the book Dressed to Kill: The link between Breast Cancer and Bras. They interviewed more than 2,000 women who had breast cancer and an equal number of those who did not have the disease. The difference between those who wore 24 hours compared to 12 hours was 113% and those who never wore a bra had a 21% less chance of getting breast cancer than women in the general population. Singer hypothesises that the straps, side panels, underwires and other structures of the garment cut off drainage from the lymphatic system, which helps remove toxins and waste products from the cells. The longer you wear a bra, the more hours those toxins are trapped in a women’s breast, with the possible end result being a breast tumour. Although the medical profession is not generally enthusiastic over such a theory some doctors tend to agree. One such doctor is Michael Schachter, a director of the Schachter Centre for Complimentary Medicine in Suffern, New York who had this to say “Bras and other tight clothing can impede the flow of the lymph fluid of the breast. Thus, wearing a bra might contribute to the development of breast cancer as a result of cutting off lymphatic drainage so that toxic chemicals are trapped in the breast.” So the message out there for all women is this: Check your bra size for comfort and size. The author’s of the book recommend one that is not too tight and does not leave marks or dents on your skin. Your two fingers should easily slide under the shoulder straps and side panels. “Women need to realise that wearing bras is a cultural phenomenon, not a natural one.” concludes Singer.

Please carefully look at the next page as this product from Nature’s Sunshine is a powerful cancer fighter. The discussion has been wide ranging and we await your response, and if you know someone who could benefit from reading this letter please let us know.
Additional research found that various acetogenins all showed greater cytotoxic effects toward cancerous versus non-cancerous cells. However, reports of decreases in various tumour sizes and cell numbers, confirming that acetogenins are not "general cytotoxins." Furthermore, research has shown that certain acetogenins appear to selectively target specific types of tumour cells.

Research has shown that extracts of paw paw contain promising new antitumour and pesticide agents. Paw paw extracts, derived from the twigs of the tree and the small twigs yield the most potent extract - contain biologically active substances known as "Annonaceous acetogenins," named after the plant family Annonaceae. Annonaceous acetogenins have demonstrated antimicrobial, antimalarial and anti-parasitic activity. More importantly, studies show that several paw paw acetogenins exhibit potent cytotoxicity - a toxic effect on cells that prevents their reproduction or growth against human breast, colon and lung cancer cells in vitro. In fact, one particular acetogenin demonstrated inhibitory activity at over a billion times the potency of adriamycin a standard anticancer drug. Like adriamycin, paw paw acetogenins are also potent antineoplastic agents - substances that prevent the development of abnormal tissue growth. However, unlike paw paw extracts, adriamycin can cause serious side-effects, including decreased bone marrow function, as well as severe heart damage with prolonged use. According to recent research, certain paw paw acetogenins show promise as a future new generation of antitumour agents, due to their ability to lower ATP levels via inhibition of the mitochondrial complex I. In simpler terms, paw paw acetogenins inhibit the growth of tumour cells by decreasing cellular ATP (adenosine triphosphate) levels - ATP is the primary form of utilizable energy in the cells. Thus paw paw acetogenins deprive cancerous cells of their energy supply, which results in apoptosis - programmed cell death, a type of self-destruct response. Acetogenins also exhibit potential as antitumour agents against multiple-drug resistant (MDR) tumours. Development of multidrug-resistance is a major obstacle in the chemotherapeutic treatment of human cancers. In fact, according to a report published in 2002, resistance exists against every effective anticancer drug, including the newest agents. Drug-resistance is often attributed to the presence of a protein (P-glycoprotein) in the tumour cell membrane that transports harmful substances, including anticancer drugs, out of the cell before they can take effect. P-glycoprotein is known as an ATP-dependent transporter protein - its function is dependent on sufficient levels of ATP. In vitro studies have shown that acetogenins deplete ATP levels, thus effectively inhibiting the growth of MDR tumours that have ATP-dependent mechanisms, including adriamycin-resistant human mammary tumor cells in addition, acetogenins appear to selectively inhibit the growth of tumour cells versus normal cells by blocking the activity of a substance (NADH-oxidise) in the plasma membrane of tumour cells that generates ATP and stimulates cellular growth. By inhibiting NADH-oxidise, acetogenins block ATP production and induce apoptosis (cell death). In vitro studies using cancerous and non-cancerous cells found that acetogenins exhibited a dose-dependent inhibition of cancerous cell growth, while non-cancerous cell growth was not inhibited by the same dosages. Additional research found that various acetogenins all showed greater cytotoxic effects toward cancerous versus non-cancerous cells, confirming that acetogenins are not "general cytotoxins." Furthermore, research has shown that certain acetogenins appear to selectively target specific types of tumour cells. Although preliminary human studies using a standardised paw paw extract have not yet been published in peer-reviewed journals, reported results include decreases in various tumour sizes and tumour markers (substances in the body that usually indicate the presence of cancer), as well as improved energy levels and the absence of significant adverse effects. Reports also indicate that the paw paw extract may provide synergistic benefits in combination with chemotherapeutic treatment. With regards to toxicity, acetogenins have been proven to induce emesis (vomiting) in pigs, and unpublished reports indicate that ascending oral dosing of paw paw capsules in dogs failed to reach a lethal dose, as there was a gradual increase in signs of emesis and loose stools. This indicates the type of built-in "safety factor" in paw paw extract should an individual mistakenly ingest too much. In fact, a fluid extract of paw paw seeds is reported to have inactivated 6 billion times the potency of adriamycin a standard anticancer drug. Like adriamycin, paw paw acetogenins are also potent antineoplastic agents - substances that prevent the development of abnormal tissue growth. However, unlike paw paw extracts, adriamycin can cause serious side-effects, including decreased bone marrow function, as well as severe heart damage with prolonged use. 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NSP has a patent pending on Paw-Paw Cell Reg.