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Speed Up Your Body's Own Wound-Healing Process... And Reduce The Likelihood Of An Infection Developing

Over 2,000 years ago Hippocrates famously said: "feed the patient and they'll get better". Here at JNHS we've long recognized the importance of nutrition to speed the healing process following an illness or injury... and, of course, for overall good health.

Although it may be a gradual process, there is growing interest in pre-surgical nutritional support – which coming from mainstream medical quarters is extremely encouraging! Research has shown that even a malnourished patient can have improved surgical outcomes and less complications following a seven to 10 day nutrition programme.¹

This is certainly a step in the right direction, as research findings have revealed that as many as 60 per cent of hospital patients and 30 per cent of people visiting their GP may be clinically malnourished – not necessarily underweight (in fact many were overweight) but following a diet containing foods with little, if any, nutritional value.² This figure translates into around two million people who are not only ill enough to be hospitalized, but also inadequately equipped from a nutritional perspective to recover as well as they should following an illness or surgery.

With regards to the latter, the report also highlighted the fact that poor nutritional status actually delays wound healing. A major problem with wounds is the high risk of infection. It is very easy for bacteria to enter through the broken skin and penetrate the rest of your body.

Rapid wound healing is vital therefore to help minimize the risk of secondary infections taking hold. This is especially important given the fact that potentially deadly, drug-resistant superbugs such as MRSA, C. difficile and E. coli continue to make headline news for invading hospital wards up and down the country.

Certain nutrients are known to be key players when it comes to optimizing wound healing; these include vitamin A, vitamin C, zinc, L-arginine and L-glutamine. These nutrients form the basis of ST-Repair™ a brand new supplement that has been specifically designed to support and enhance your body's own natural healing efforts.

Wound healing is a complex and incredibly well orchestrated process

Following an injury, such as a cut, your body's repair mechanisms immediately spring into action. Vitamins, minerals and amino acids play pivotal roles in a successful outcome, even from relatively trivial injuries.³ Unless all the nutritional components are available at each and every step of the healing process a weak and ineffective repair will result.

First the bleeding must be stopped and any bacteria in the wound need to be contained to reduce the risk of their spread and an infection developing. After this, essential repair work to your tissues takes place with the building of new proteins. It's a bit like having a crack in your kitchen wall, which needs to be filled in with a strong and suitable material. That filling can be compared to the building of new proteins that is essential in the wound-healing process.

Collagen plays an important role in the strength of the final repair job. Collagen is made up of bundles

1. Nutrition Journal 2003, 2:18

2. Doctors often miss malnutrition <http://news.bbc.co.uk/1/hi/health/3257605.stm> accessed 24.01.10

3. Molnar J. Overview of nutrition and wound healing. In: Nutrition and wound healing. CRC Press. 2007

of strong and resilient protein fibres, which act as scaffolding to support your tissues. Following an injury, it is necessary to repair this damaged scaffolding as quickly as possible, in order that other important healing processes can get to work.

ST-Repair™ can help you make a rapid recovery following surgery or an injury

The ingredients in ST-Repair™ have all been selected for their remarkable wound-healing properties:

Vitamin A: the great skin healer. Vitamin A is needed for the formation of strong and effective collagen fibres, which prevent wounds from breaking down prematurely.⁴ Vitamin A also stimulates your immune system. As already mentioned, it is extremely important that your immune system is successfully activated following the infliction of a wound to help fight off any pathogens (disease-causing microbes).

Because retinol (true vitamin A) can be toxic, the non-toxic water soluble form – beta carotene – has been included in ST-Repair™ instead. If your body is low in retinol it can convert beta carotene into retinol, as needed, without any fear of toxicity.

Vitamin C: boosts immunity and helps your body fight infections. Numerous studies have revealed that vitamin C is needed for the normal functioning of many immune cells, including white blood cells which help fight infection.^{5,6} It also strengthens blood vessel walls.

Vitamin C is particularly beneficial during the initial stages of the repair process as it stimulates the formation of collagen.⁷ Without an adequate supply

of this vitamin, wounds become fragile and never achieve a strong, healthy healed state.^{8,9}

Zinc: the wound strengthener. More than 300 processes within your body are reliant on zinc to function properly. In the case of wound healing, zinc has been found to be essential for the production of proteins that are an integral part of the repair process (a zinc deficiency is known to cause poor wound healing). It also helps strengthen both internal and external scar tissue.

L-arginine & L-glutamine: a powerful duo. Both these amino acids are required for tissue regeneration. L-arginine offers additional immune support as well as enhancing protein production.¹⁰

L-glutamine is used as a primary energy source by healing cells called fibroblasts, which lay down the fibrous tissue needed to repair the injured area. This amino acid also stimulates the formation of new muscle tissue. A study involving the use of a combined L-arginine and L-glutamine supplement revealed that this duo can significantly improve wound healing following surgery.¹¹

What to take for best results

For use as a pre-operative nutritional booster take two capsules of ST-Repair™ daily for two weeks before the procedure, and three capsules for one month after... reducing to two capsules for a further month. To help your body recover from a sporting strain or other soft tissue injury take two capsules daily for four to six weeks.

[Urgent information: Prescription drugs have long been seen as the answer to treating chronic illnesses like heart disease, diabetes and dementia. But this recent report shows that modern medicine might not have all the answers after all...](#)

4. Ann Surg 1975;181:836-841
5. Exerc Immunol Rev 2001;7:108-133
6. Proc Natl Acad Sci USA 2003;100:5119-5123
7. Eur J Ophthalmol 1998;8(1):37-41
8. Aesthetic Plast Surg 2002;26:197-202

9. J Clin Invest 1974;53:813-818
10. Torosian MH. Arginine in nutrition and surgery: current status and potential. In: Latifi R, ed. Amino Acids in Critical Care and Cancer. Austin, TX: R.G. Landes Company; 1994:45-52
11. Ann Surg 2002;236:369-374