### **The Following Conditions Have One Thing in Common:**

Arthritis Allergies Alzheimer's Asthma

**Heart Disease Gingivitis** Autoimmune Disorder Lupus

# Inflammation

All of these conditions effect different parts of the body, yet still have something very serious in common, which is inflammation. Each year our scientists are finding more and more conditions that inflammation is thought to play a key role in.

#### What is Inflammation?

Inflamation is our bodies first reaction to infection. When a person cuts themself (which damages the tissue) and those dreaded invaders called bacteria enter our bodies, our immune system kicks in immediately. This defense mode sends out many different types of specialized immune cells. Each cell has a different job. Mast cells release histidine & cytokines alerts your body of the damage. Histidine's main job is to increase blood flow to this damaged area which causes the redness and swelling. Cells found in the connective tissue and epidermis of the skin, called macrophages (commonly called large eating cells), then enter into the area. Macrophages job is to also secrete immune messenger that destroy the bacteria and clean up the damaged area. The final process is for the calvary of immune cells to enter the infected area to help with the battle followed by more cells to begin the healing process.

During this process the area will become red, hot, swollen and usually very painful. What causes this?

*Redness*: Caused by the increased blood flow to the area

*Hotness*: Caused by the battle taking place to kill bacteria and heal

Swollen: Caused by the excess fluid and cells at the site *Pain*: This is the indicator of inflamation

Some common signs of inflammation: When we get a sunburn and it becomes hot to the touch, swollen and painful or when you twist your ankle and again it becomes hot to the touch, swollen and painful or when you get bit by an insect and the same symptoms occur.

Remember, inflamation is our body's way of notifying us there is damage and most important the way our defense keeps invaders from entering our body and causing serious injury.

But also keep in mind that if this inflamation becomes chronic or low grade, our immune cells stay active which can cause serious damage to good tissue. If this chronic inflamation is left unresolved, it will create other disease that leads to very painful and damaging inflamation that attacks the joints, organs or arteries.





### **Jeff Golini:**

The Bodybuilder Turned Scientist Who Finally "Cracked The Creatine Code" **Now Brings You Kre-Celazine** 





#### Jeff's Background:

Even though scientist Jeff Golini originally discovered the Nitric Oxide amplifying agent AKG (Arginine Alpha-Ketoglutarate) over 13 years ago, his most profound achievement was inventing Kre-Alkalyn®-The world's first and only creatine that doesn't convert to creatinine before reaching muscle.

Jeff is certainly no stranger to the bodybuilding world. At one time he carried over 270 pounds of jaw-dropping, sleeve-splitting mass. Known in bodybuilding circles as the "8th Wonder Of The World", he won Ohio's 1982 Mr.. Lorain, placed 4th in the 1984 NPC L.A. Bodybuilding Championships and was the winner of the 1988 Natural California Pro-Am.

Having grown tired of using "any means necessary" to put on more size, he began searching for safer alternatives. By 1988, he found what he was looking for-a new compound called creatine. Although it produced amazing results, he quickly realized it also had some rather "unpleasant" side effects and wanted to know why.

After five years of intense research he finally "cracked the creatine code" and found his answer: creatine converts to creatinine in liquids. This breakthrough culminated with the invention of Kre-Alkalyn® earning him official U.S. Patent #6,399,661 on June 4, 2002.

His contributions to the science of Near Infrared Analysis earned him the title "The Founding Father Of NIR", given to him by Bran & Luebbe Corporation, a top manufacturer of NIR equipment. He's also been a consultant to the pharmaceutical industry about NIR, even conducting a nationwide tour lecturing on the subject.

Jeff founded All American Pharmaceutical & Natural Foods Corporation in 1984, a leading manufacturer of sports nutrition products and dietary supplements. He also serves as Executive Research Scientists for BioCeuticals Research & Development Analytical Laboratory, a facility that specializes in cutting-edge food and chemical analysis.

#### For more information or to order Kre-Celazine® contact:



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## For Joint Flexibility and Pain Relief

by Jeff Golini



Numerous Patents and Patent Pending in the U.S. and Overseas.

# What Is Kre-Celazine®?

Kre-Celazine® is a "non-drug" patented ingredient that has been scientifically proven to reduce pain and rapidly promote joint health, improving flexibility and mobility along with reducing inflamation. Kre-Celazine® is a complex material consisting of bonding Kre-Alkalyn® (US Patent 6,399,661) with esterified fatty acid carbons. The esterifyng process makes the fatty acid stable so it does not react with oxygen. (This is not esterified creatine, the fatty acids have be esterified). Inflamation can shorten our life span by promoting many degenerative diseases, so the benefits of Kre-Celazine® are essential.



#### Conventional Treatments for Inflammation

The pharmaceutical industry has many different types of drugs that simply mask the symptoms or decrease the pain for a short period of time. Research is under way to develop different types of drugs that could actually inhibit the inflammatory process. But as with any drug, there comes a variety of side effects and un-want-ables. Of course, you could just take pain killers to relieve the pain, but once again this is simply masking and not preventing or curing the problem.

The main goal of the pharmaceutical industry has been to develop drugs that control the pain. This over the counter pain control market saw North Americans alone spend over 3.9 billion dollars in 2005. Acetaminophen was the most popular followed by ibuprofen and then good old aspirin. As a matter of record, more pain medications are purchased for arthritics than any other disorder.

These NSAIDs (non-steroidal anti-inflammatories) do come with a price. When taken in higher doses they cause liver damage & kidney failure. As another matter of fact, long term use of NSAIDs cause over 20,000 deaths in the USA annually. In addition to this, over 121,000 North Americans are hospitalized each year from side effects such as gastrointestinal complications (bleeding, nausea, vomiting), liver damage, stomach ulcers, immune system depression, mental confusion and finally kidney failure.

Some of the more famous advertised arthritic drugs, have more side effects than letters in the Greek alphabet. This is just what we need, to mask our pain and come up with 10 other aliments that are side effects to these dangerous drugs.

#### **Natural Remedies**

There are many natural remedies that can be found through out your local health food store. Some are O.K. and most are a waste of money. They usually come with a lot of hype and marketing, but when you try them they do absolutely nothing to help with inflamation or pain. Glucosamine products have shown to provide some relief, but this compound must be taken in high dosages. At these higher dosages, glusomaine has been shown to raise blood sugar levels. Another unwanted side effect. Plus with the natural foods

market being so unregulated, unless you know for sure that a supplement company does extensive testing in house, who knows what you might be ingesting. I can guarantee the company that produced it doesn't have a clue. So beware of large values at a cheap price!

## What Does Kre-Celazine® Do?

Kre-Celazine\* is multi functioning, which is one of the unique things on why this compound is so effective.

#### Part 1:

The body is made up of an enormous amount of cells separated into varied types and functions. The cell membrane is the organized structure that separates and protects components in the cell from neighboring cells and the outside world. One of the major components of the cell membrane is structural lipids. These lipids regulate the nutrients, minerals, electrolytes, drugs and other compounds across the cell membrane. This regulation is very critical to the adequate function and health of the individual cell.

Kre-Celazine® enhances the cell membrane and its integrity for efficient functionality. Kre-Celazine® provides the cell membrane with an ideal blend of lipids to enhance its function. A myriad or countless number of body stressors impairs and targets the cell membrane's lipids which creates damage to the peak functioning and health of the membrane and cell. This reaction damages the membrane and can cause the cell's demise. Taking the oral capsules or applying Kre-Celazine® cream enables the cell membrane to protect the cell and repel the stressors. Kre-Celazine® also assists in perfecting the function or the channeling capabilities of the cell membrane. The result is a more efficient, fluid permeable and a youthful cell membrane.

Loss of cell membrane integrity from internal and external stressors begins a number of rapid aging processes-including uncontrolled or imbalanced inflammations. Inflammation can occur with age, dietary conditions, free radicals, stress or other insults which stimulate or stiffen cell membranes. This could lead to one or more forms of arthritis (bursitis and tendinitis included); periodontal disease, wrinkles, cardiovascular disease (CVD), rapid aging and many other related maladies. Kre-Celazine® not only halts the cascade of inflammation, but rapidly begins restoring the body on a cumulative basis. Flexibility is restored, pain is eliminated and appearance of wrinkles is reversed. Kre-Celazine® accomplishes these features by enhancing the lipid structure of the cell membrane and converting it to a super membrane enabling the cells to rapidly repair and regenerate. This unique enhancement of the cell membrane leads to the multitude of restorative, healing and age reversing attributes of Kre-Celazin® - including arthritis and inflammatory conditions.

#### Part 2:

Kre-Celazine® also plays a roll in suppressing inflammatory cell function, decreasing cartilage breakdown, triggering of cell death and, like NSAIDs, reducing the inflammatory activities of COX-2 enzyme. This is primarily accomplished by inhibiting arachidonic acid and decreasing the pro-inflammatory effects of other fatty acids. Remember that arachidonic acid is one of the main promoters of the inflammatory cascade of immune factors. Kre-Celazine® also works to reduce the production of the negative immune factor IL-6 and to control the immune factors responsible for inflammation.

#### Part 3:

The esterified fatty acids in Kre-Celazine® have been bonded with Kre-Alkalyn® (US Patent 6,399,661). Studies have shown that Kre-Alkalyn® relieves joint pain and inflamation.Remember intense exercise causes inflammation to the muscles.

Too much training and too little rest can produce excessive amounts of inflammation that lead to tissue deterioration, impaired immunity and serious overtraining. Research has shown that using Kre-Celazine\* containing Kre-Alkalyn\* reduces cellular damage and the inflammatory response after

When a person exercises or tenses a muscle, energy is required for the muscle to function properly. The energy it uses comes from several different sources, but primarily from nutrients obtained from food. These nutrients are broken down by natural processes occurring within the human body. By this process new compounds are formed which the body uses to develop energy. One of these compounds is adenosine triphosphate (ATP). When muscle energy is needed this ATP is broken down one step further into a chemical called adenosine diphosphate (ADP). This process releases energy which is then used by the contracting muscles. Without sufficient ATP, muscles do not perform properly. Muscle can store only limited amounts of ATP.

As a result, it has been found that with about 5-10 seconds of muscle exertion, the amount of stored ATP is depleted. This results in muscle failure and fatigue. When this happens, the body tries to restore its immediate source of ATP by borrowing a high energy phosphate from a chemical called creatine phosphate (CP). Muscle cells store the chemical, CP, in the same way it stores ATP. If high intensity exercise goes beyond 10 seconds, the body will continue to try and restore its ATP levels by a process called glycolysis. This process is complicated and is a slow method of restoring ATP levels. When the body does not have enough energy to function properly, ailments can set in. One being inflamation & joint pain due to lack of recovery. Increased CP levels are essential for recuperation and recovery.

#### Part 4.

One of the key effects that Kre-Celazine® has on the body is its Alkalizing Effects. When considering the many components that make up our health, few things are more important in the body than having the proper pH or alkaline/acid balance. There are different levels of pH in various systems of the body, but they must all be kept in a very specific balance for the body to function normally at peak efficiency.

The various foods that we eat are the primary means by which the body is either kept in optimal pH balance, or thrown into pH chaos. Too many acidic foods which can come from sodas & processes foods create a state of severe imbalance in the pH levels (particularly a low pH). Also, many new dietary supplements on the market today also contain loads of citric acids for taste, which are in higher levels then you see in foods. The body likes to be slightly alkaline and will compensate and correct this imbalance. The process of trying to re-establish a normal, healthy pH when altered is very stressful on the body. Sustained for a long enough period of time, this altered pH can result in abnormal organ function, damage and disease. The pH scale is in a range from 1-14, with 1 being the most acidic and 14 being the most alkaline. The delicate pH range for good health at the cellular level must be maintained in the range of 6.8-7.4 . When you lower your body's pH to the acidic side, immediate problems develop that will eventually result in damage and disease. Besides just effecting your body function, this low pH state has also been show to effect your mind and emotions.

The following are some side effects to sustaining your body at a low pH:

- Irritability
  - A : (
- Susceptibility to infection

• Depression

- Low grade fevers
- Digestive problems
- Joint pain & inflamation

This is just to name a few! So the benefits of Kre-Celazine® patented technology of alkalizing are crucial to eliminating inflamation and putting your body in what I like to call the green house effect. A balanced pH is where your body functions, grows, recovers and works best.

