

## Flavonoid Information

Dear Doctors,

I have found the fruit anthocyanins helpful for many of my patients. I have been using them since I created the product in 1995 for clinical use in a variety of problems for which flavonoids might be beneficial. After 11 years of constant use in **thousands** of patients, I have come to the following conclusions as to effectiveness of the flavonoids:

**Cardiovascular disease:** The flavonoids are helpful in protecting the heart. Since 1995 I have had virtually no incidence of repeat cardiac events in patients who have had heart attacks. It is essential medicine for heart attack recoverers. I also use it for patients who have heart disease in their family histories.

**Arterial disease:** Arteritis, vascular disease with compromised peripheral circulation, phlebitis, and varicosities have all improved. Some of these cases are actually quite remarkable. I have had no diabetic patients needing to undergo amputation as a result of compromised peripheral circulation since using the berry flavonoids.

**Diabetes.** Using a tablespoonful of flavonoids in a large glass of water daily has resulted in lower blood sugar levels. Diabetic retinopathy is a condition that the flavonoids are particularly helpful with. Here again, take the flavonoids in a large glass of water consumed with a meal twice daily.

**Macular degeneration.** I have had 6 cases of macular degeneration that have healed using the flavonoids. I am particularly excited about this application of the flavonoids.

**Pulmonary fibrosis:** The cases I have treated have recovered a great deal of energy and liveliness. They have less shortness of breath and are actually able to take walks again. An established case of pulmonary fibrosis where the breathing is severely compromised is considered progressive and terminal. Given this, I am very pleased to see progression slowed and even stopped in some cases. Follow up in these cases is currently ongoing.

**Cancer:** Studies on the organic acids in the pigments are interesting, such as ellagic acid from red raspberries. I use the flavonoids in all of my cancer patients as a protective nutrient.

**Asbestosis:** The cases I have treated have stopped progressing. The results are remarkable.

**Capillary fragility diseases:** Bruising, spider hemangiomas, and Henoch- Schonline purpura have responded to flavonoids.

**Emphysema:** I have used the berry anthocyanins in emphysema cases that have survived far longer than expected. I feel that the use of the anthocyanins has been contributory rather than artifactual in the longevity of these patients. As in all cases, diet as well as attitude plays a role in the quality of the life of these patients.

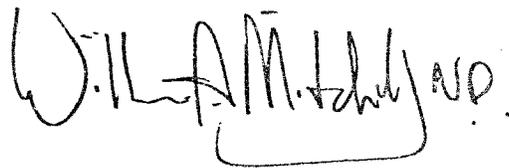
**Capillary mesh integrity:** The flavonoids improve nutrient exchange at the capillary level. This includes supply of nutrients to the tissue as well as drainage of toxins from the tissues. These events are dependant on effective osmolality maintenance in the peripheral tissue spaces supplied by the capillaries.

**Peripheral edema:** Edema caused by accumulation of polyols or organic waste materials in the periphery are treatable by the flavonoids.

**Trigeminal neuralgia and other neuralgias:** Especially the elderberry seems to be effective in treating these problems. I use 2 tablespoons twice daily for neuralgia and neuritis.

**Other problems:** Because the flavonoids protect tissue as well as serve the capillary maintenance of tissue, most pathology is affected in a positive way for the body.

Please feel free to call us at our clinic: Talk to Dr. Bill Mitchell with questions, comments, results etc. We will keep track of the benefit of the flavonoids as information comes in. We are glad to share our findings with you.

A handwritten signature in black ink that reads "WILLIAM MITCHELL ND". The signature is written in a cursive, somewhat stylized font. The letters are connected, and there are some loops and flourishes, particularly in the "W" and "M". The "ND" is written in a simpler, more upright style at the end of the signature.

William Mitchell ND