

# BGs – The Ultimate Good Carbohydrate

With the low-carb craze sweeping America, there is an ultimate good carbohydrate that everyone needs to know about: **beta-glucan** (or “BG” for short). Perhaps you have heard that grain products such as barley and oatmeal lower the risks of heart disease, bad cholesterol levels, and diabetes. But do you know *how* and *why* they work?

Give due credit to beta-glucans. Now, one of the planet’s richest and most ancient sources of beta-glucans is available to consumers who are concerned about their heart and circulatory health and wish to bolster their immune function, as well as maintain healthy blood sugar levels after eating.

It is called **Aktivated Barley**. We predict this ancient food will be recognized as one of the most important health foods of 2004 and for many years to come.

## THE MANY BENEFITS OF BETA-GLUCANS

Beta-glucan is a complex carbohydrate that can be derived from the cell walls of baker’s yeast, oat and barley fibers, and mushrooms such as maitake.

Hundreds of tests in the past four decades have shown that beta-glucans, in particular beta-1,3-glucan, are very effective at activating white blood cells known as macrophages and neutrophils. They are also the key factor for the cholesterol-lowering effects of oatmeal, and have shown beneficial results in controlling blood sugar in persons with diabetes.

In our last issue, we took a look at Platinum Health Products’ **Aktivated Barley**, which the company’s visionary founder David Sandoval calls the ultimate slow-burning carbohydrate that has the ability to supply long-lasting energy and endurance, so people can enjoy nutritional well-being with only two servings a day. Plus, as we now know, it is probably the world’s richest source of bioavailable beta-glucans.

Sandoval, who ranks as one of the world’s leading experts on nutritional cereal

grasses, tells us, “The original formula was based on a super-active form of grain milk ancient Greeks and Romans used to help infants survive when their mothers died in childbirth. They prepared the grain by soaking it for 24 hours, mashing it into gruel, then boiling it for 40 minutes to just barely initiate the sprouting process. They would then squeeze the hot, mashed mixture through cloth, saving the liquid with all of the nutrients intact, and discarding only the hard outer casings of the barley. Cooled, this was a replacement for mothers’ milk that was so effective it was soon passed on throughout the ancient world (as were so many of the technological and medical breakthroughs of the Greeks and Romans).”

Today, patented **Aktivated Barley** is finally available in America—the people who need it most are those battling high cholesterol levels and who are seeking immune health.

**QUICK RECAP FROM LAST MONTH**  
**Aktivated Barley** is energized barley that has been prematurely sprouted under

pressure (through a patented process), activating the formerly dormant enzymes in the inner kernel and yielding high amounts of beta-glucans.

## THE POWER OF BETA-GLUCANS

The three primary uses of beta-glucans are to enhance the immune system, lower blood cholesterol levels, and normalize blood sugar levels.

Research into the immune-support properties of BGs extends back to the 1940s when Louis Pillemer, Ph.D., studied a crude yeast wall product called zymosan and found it had powerful immune benefits. In the 1960s, Nicholas DiLuzio, Ph.D., conducted additional research and pinpointed BGs as the key phytonutrient offering immune protection. In the 1980s, Joyce Czop, Ph.D., conducted research at Harvard University that found specific receptor sites for beta-1,3-glucan on the immune system’s white blood cells (notably macrophages, immune cells responsible for the body’s first line of defense against pathogens). Besides recognizing and killing pathogenic invaders throughout the body, macrophages also produce a number of essential *cytokines*. These helper substances aid cell-to-cell communications and fortify immune defenses against viruses and infections.

Just like oats, barley helps lower cholesterol and the risk of heart disease. Beta-glucans are the key factor for this



cholesterol-lowering effect. As with other soluble-fiber components, the binding of cholesterol (and bile acids) by beta-glucans and the resulting elimination of these molecules in the feces is very helpful for reducing blood cholesterol.

According to Healthnotes, the online nutrition information source, results from a number of double-blind trials with food-derived beta-glucan indicate that, after at least four weeks of use, the level of low-density lipoproteins ("bad") cholesterol was reduced by 8 percent, while elevations in high-density lipoproteins ("good") cholesterol ranged from zero to 16 percent.

According to early studies, BG is also helpful in reducing the elevation in blood sugar levels that typically follow a meal. Beta-glucans "produce this effect by delaying gastric emptying so that dietary sugar is absorbed more gradually, as well as by possibly increasing the tissue sensitivity to insulin," says Healthnotes.

#### THE BEST SOURCE OF BETA-GLUCANS

**Aktivated Barley** supplies a slow, steady supply of beta-glucans, the ultimate good carbohydrates. Fully 70 percent of the beta-glucan in pre-sprouted barley turns to gel, which not only provides the slow-burning energy that satisfies hunger and fights fatigue, but also significantly reduces

cholesterol and boosts immune function. Compare this to other beta-glucan products, including oats, where only about 40 percent of carbohydrates turn to gel, the remainder passing ineffectively through your system. Plus, you get all of the important members of the beta-glucan family with **Aktivated Barley**. ■

This is reprinted from *The Doctors' Prescription for Healthy Living*/Volume 8, Number 5.

#### Aktivated Barley OK for Persons Allergic to Gluten

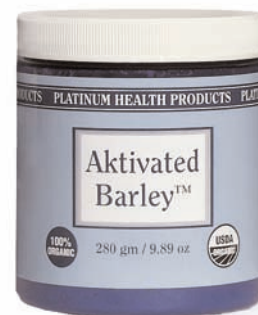
Gluten is a protein found in grains such as wheat; some people are intolerant to gluten and must avoid products containing it. Persons allergic to gluten usually are able to enjoy **Aktivated Barley**, due to its low gluten content. Tests show the product has extremely low gluten content (.24 to .26 percent).

## AKTIVATED BARLEY— NATURE'S CHOLESTEROL MAGNET & ENERGIZER

All of us are trying to pack more energy and fewer calories into our stress-filled lives. Taking **Aktivated Barley** with BGs, the good carbohydrate with energy to spare, is a great daily habit to cultivate. Try it for its energy benefits alone and reap the rewards of lower cholesterol, better immune health, and better blood sugar control.

**How to Use—Aktivated Barley** should be mixed with your favorite fruit juice or dairy beverage and consumed once or twice daily for extra energy, weight-loss, cholesterol lowering and immune boosting benefits.

**Availability—Aktivated Barley** and other Platinum Health Products are available at [www.phporder.com](http://www.phporder.com) or call (888) 747-6733.



### PLATINUM HEALTH PRODUCTS



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