



Welcome to my August 2005 e-newsletter. It's been a while since the last newsletter and I'm excited to finally have the chance to catch up and share some new research and products with you.

I've been busy seeing patients in my private practice in Los Angeles, and speaking around the country about self-care, in person, on the radio and in magazines. In addition to my being quoted in the current issues of "First for Women" and "Women's World" magazines, "Oxygen" magazine just did a great review of my book, "8 Weeks to Vibrant Health". Then, the September issue of "Redbook" will be quoting me on natural energy enhancement.

Hormone Health: This past week I addressed a group of 50 women on how to optimize their hormones at mid-life. The response was so overwhelmingly positive that we're discussing an ongoing group in the Los Angeles area. Please e-mail me here if you are interested, or would like more information: inquiries@cassmd.com.

My next trip is a cruise to Alaska, Sept 7-14th, where I will be speaking to fellow cruise members about Vibrant Health. Not a bad way to feel good while doing good! For my full speaking schedule please see the events page on my website.

[Go to Events page](#)

Safety Warning: Please Pay Attention! New Cell Phone Dangers

Not only do we have to worry about radiation to our brains from cell phone use, but there are additional dangers.

We've all found ourselves in traffic trying to avoid the growing number of erratic drivers who dangerously careen through traffic while chatting on their cell phones. And you may have experienced this firsthand (I have!), suddenly finding yourself distracted while attempting to drive while speaking on your cell phone. Well, now we know why. In a report published in the June 22 issue of the Journal of Neuroscience, researchers from Johns Hopkins University had volunteers concentrate on computer displays while trying to listen to voices played over headsets. By conducting brain-imaging scans they discovered that the brain can pay attention either to visual input or auditory input, but it cannot fully process both at the same time, "Directing attention to listening effectively 'turns down the volume' on input to the visual parts of the brain," said Steven Yantis, a professor

in the Department of Psychological and Brain Sciences who led the study.

As if the potential dangers of radiation exposure weren't bad enough, this new study makes it clear that using a cell phone while driving can cause a serious lapse of attention and make you more prone to experiencing an accident. And even using a cell phone equipped with a hands-free device can distract drivers, because the brain cannot handle both tasks.

So — please drive safely, and cell-phone free, for the sake of yourselves, your loved ones, and all the others on (and by) the road that are affected by your driving!

Natural Mind™ Formulas

Many readers of "Natural Highs" have expressed how overwhelmed they felt when trying to put together a supplement program to improve their moods and mental focus. In response, I developed 2 formulas — Natural Mind™ CALM, to help deal with stress and insomnia, and Natural Mind™ ENERGY, to enhance both mental and physical energy, while supporting our poor, overworked adrenals.

Here is what one customer had to say about Natural Mind™ ENERGY:

Dear Dr. Cass, Thank you! I really love your ENERGY's combination of herbs. I feel such a strong focus, energy, and calmness, along with an unstoppable ability to accomplish! My work and exercise are far superior to what they were. Keep it coming!

Jill J., Los Angeles

[Read more about ENERGY...](#)



New Formula: Natural Mind™ FOCUS

I'm now delighted to introduce my newest formula, Natural Mind™ FOCUS. I've designed FOCUS as a perfect blend of amino acids, vitamins, minerals and antioxidants, carefully balanced to gently support the brain's major mood- and attention- enhancing neurotransmitters, norepinephrine and dopamine. These important brain-stimulating amino acids help us by enhancing mood, energy, sexual interest, mental performance and memory! Here's how:

Natural Mind™ FOCUS contains the amino acid, phenylalanine. In the body, this essential amino acid is converted into tyrosine (also included in the formula),

which the brain then converts to the feel-good neurotransmitters dopamine, noradrenaline and adrenaline. These neurotransmitters generate feelings of pleasure, and help us feel motivated and energized, acting like caffeine, but without any of the downsides.

Tyrosine is also an important precursor of thyroxine, the energy-generating thyroid hormone. When thyroid function is low, so are your energy levels. Take some tyrosine, and your thyroid gets an important nutrient that it needs to function optimally.

If you've ever felt overwhelmed by the complexity, guesswork and expense of putting together a balanced natural mind supplement, Natural Mind™ FOCUS may be the answer you've been seeking. It's the convenient way to gently support mental clarity and alertness while enhancing your mood, without any of side effects of herbal or prescription stimulants.

I recommend it for children with attention problems, as well, along with Omega 3 fatty acids, which are our next topic.

[Read more about FOCUS...](#)

Diet Supplements as Effective as Ritalin

A recent study has shown that children with behavioral problems benefit from taking dietary supplements containing essential fatty acids. In fact, the authors of the paper published in the journal Pediatrics say the improvements equal those seen with stimulant drugs, such as Ritalin, but without any of the dangerous side effects.



In their study the researchers randomly supplemented 117 children between the ages of 5 and 12 years with either a placebo or a dietary supplement containing omega-3 and omega-6 fatty acids.

After 3 months the researchers also began to give the group previously receiving a placebo the omega oils treatment for another 3 months.

The authors report that "difficulties in attention and concentration as well as hyperactivity and impulsivity, fell markedly [in the experimental group], with the size of this effect being similar to the reductions usually achieved by stimulant medication."

"Our research in this area has mainly focused on the omega-3 fatty acids found in fish and seafood, because they are absolutely essential for brain development and function, but are often relatively lacking from modern diets in developed countries," say the authors."

"It is now very important to see whether the same results could be achieved with

dietary interventions in other children with behavior problems attending mainstream schools," they conclude.

I'm a huge proponent of Omega 3 fatty acids for maximum brain function, for kids and adults alike. I have written about this extensively in my books, and have a news piece on my website regarding Omega-3 oils and bipolar illness. Many ADD children that I have treated are doing great on Omega 3 fatty acids, a multivitamin, and FOCUS, with possibly some CALM as well.

[Reference: Richardson and Montgomery (2005) The Oxford-Durham Study: A Randomized, Controlled Trial of Dietary Supplementation With Fatty Acids in Children With Developmental Coordination Disorder *Pediatrics* 115 (5) 1360-1365.]

[Order Ethyl EPA from VRP Now...](#)

Got Cellulite? Need a good detox?

It's summer — bathing suit and shorts season— which unfortunately reveals that orange-peel skin that we hate! The solution? CelluDetox, which helps to improve circulation, and enhance lymphatic and liver detox.

On summer special till Aug 25th. Save \$5 per bottle! Simply enter the special coupon code "cell25" (please do not include the quotation marks) in the coupon window on the order form, hit the "Recalculate" button, and instantly save \$5.00!

[Order CelluDetox Now...](#)

Wishing you the best of health!

Hyla Cass, M.D.

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