

PYCNOGENOL

The Most Potent Antioxidant

Maritime Pine Bark Extract

Wonder Pill or Hoax?

*11 Medical Physicians and 2 Doctors of
Dental Surgery Relate Over 3 years of
Clinical Experiences*

13 Doctors Confirm a Health Building Breakthrough

“How a New Patented Nutritional Supplement From France Powerfully Promotes Pain Relief and Health Restoration, More Energy and Vitality, Naturally”

(An edited transcript of the tape by Dr Gerald McCarthy and 13 other medical doctors)

Dr Gerald McCarthy DC, President and CEO of J&R Research Corp
“...13 medical professionals....reveal their....in-practice results with
a patented new breakthrough in nutritional science,

- Already used by countless consumers and doctors in Europe
- Recently introduced into the US and Canada
- Most powerful nutritional health promoting compound...ever
- A natural plant extract
- Water soluble
- As safe...as Vitamin C
- Extremely potent health building qualities

“...conclusive documentation proves that over 60 of man’s worst degenerative diseases may literally be prevented, or greatly helped, by antioxidant nutrients.

“...everyone is now familiar with the health promoting value of the common antioxidants,....Vitamin C, Vitamin E and others.

“...milligram for milligram, this new compound is literally 20 times more potent than Vitamin C and 50 times more potent than Vitamin E – as an antioxidant.

“...nutritional scientists are praising it as the most powerful antioxidant nutrient ever discovered.”

Contributors

Dr Russel B Shields, MD

Since 1963 practiced medicine as a Board Certified Family Physician, Chief of Staff and Board Chairman at four different hospitals; First Assistant for many major surgeries on his patients.

Dr Teresa Bernard, MD

Medical Doctor, Board Certified in ObGyn; Private Practice in Gynecology for 11 years.

Dr Gary Fishback, MD

Medical Doctor of Internal Medicine specializing in Family Practice and Ophthalmology. Georgetown University graduate, has practiced medicine since 1979, Member of the American Medical Association. One of the very few medical doctors in the United States who has over 3 years in-depth clinical experience with Pycnogenol.

Dr Ron Surowitz

Practiced General Family Medicine as a DEO for 25 years, staff Physician at local hospital, Past President of the Florida Osteopathic Medical Association.

Dr Thelma Jones, MD

Board Certified in Internal Medicine and Hematology, in practice for over 25 years.

Dr Leon Shore, DO

Osteopathic Physician and Surgeon, practicing medicine and surgery since 1963, Board Certified in General Surgery and Thoracic Surgery, Practicing General Family Medicine for the past 15 years.

Dr Perea, MD

Family Practitioner, Board Certified in Family Practice, Member of staff at 3 local hospitals.

Dr Steven Phillips, DPM

Doctor of Podiatric Medicine and Surgery, Member of the American Podiatric Medical Association, and the Illinois Podiatric Medical Association.

Dr Franklin N Levenson, MD

Podiatric Surgeon, Head of Podiatry Services in two major hospitals; Diplomat of the American Board of Podiatric Surgery.

Dr Clark L. Burgher Jr, BS, MD

Graduated from medical school in 1944, Practiced for over 40 years in the specialty of ObGynae, 77 years old, but still keeps license active, One of the founding Fellows of the American College of OB/Gyn, Member of the AMA, Member of the American

Association of Gynecological Laporoscopists, The first MD in Alabama to use CO2 laser in gynecology.

Dr William Wu, DDS

Received Doctor of Dental Surgery degree in 1975 from UCSF, In private practice for 20 years.

Dr John J Haney Jr DMD

Received Doctorate of Medical Dentistry in 1972.

Dr Tom Cunningham

An optometrist for 8 years specializing in behavioral and functional vision, with great emphasis on visual perception.

Highlights of Statements

“...from the results I have seen in my patients....Pycnogenol constitutes a significant, non-drug breakthrough....destined to benefit most all healthcare professionals and especially their patients.

“...probably a more remarkable discovery than penicillin....the reason...is....

“...as important to each and every medical practice as was the discovery of aspirin for pain relief....

“...within 5 years every Doctor in the United States will be made aware of Pycnolgenol....will be forced to look into this.

“Pycnogenol will stand paramount as the chief medical defence against free radical damage....

“...on the forefront of what’s happening in the health industry as a whole.

“...natural compounds....of tremendous benefit to most all physicians.

“Pycnogenol is a significant advance, and within the next 5 to 10 years, everyone will be using it....Pycnogenol is a major step in preventative medicine.

“...serious chronic medical conditions....actually improving....safe, non-toxic and effective.

“...most potent free radical terminator yet discovered....effective for health challenges related to virtually every organ and system within the body.

“As a scientist, I’ve gotta admit, the results....were far beyond any ever witnessed in my practice.

“I can foresee the widespread use of Pycnogenol to treat the various conditions of the retina.

“...Multiple Sclerosis, Rheumatoid Arthritis, Fibromyalgia, Attention Deficit Disorder, and Attention Hyperactive Disorder, Diabetes, Osteoarthritis, Lupus,....the list goes on and on.

“...improvements with asthma, arthritis, emphysema, memory and concentration difficulties, depression and herniated disc, high blood pressure....excellent improvements in these symptoms.

“...has a lot of hay fever and allergies....able to come off his Celdane....

“...of remarkable help for psoriasis,....other inflammatory skin problems.

“....no back pain.

“...my endurance was increased.

“...improves flexibility in persons with sports injuries.

“...started taking Pycnogenol, and lo and behold, no more flavitis.

“...never been able to achieve these....results with any other conventional medication.

“...had migraine headaches for years....conventional medication....minimal results.

“...hemorrhoidal problem....disappeared,....something never achieved....with conventional medication.

“...improvement in the range of motion in his neck and in his low back....a sense of wellbeing and an increased energy level.

“I have patients with lupus, Parkinson’s disease, arthritis, prostate problems and fibromyalgia. All of these conditions are showing marked improvement.

“I predict that we will see the name ‘Pycnogenol’ popping up throughout the media and medical world as a generally accepted treatment for many conditions.

“I believe that Pycnogenol has found a place in the future of medical care, and the future is now.”

Dr McCarthy

“...Pycnogenol (is) a totally safe-to-use extract from the bark of the French Maritime pine tree....these doctors’...enthusiasm about Pycnogenol is unique. Never before has a nutritional compound so captured the attention of mainstream medical doctors.

“...their excitement is....about a particular brand of Pycnogenol – one that’s specially formulated... in the spirit of good taste, I asked each doctor not to mention its brand name, or even the name of the company. Ask the person who loaned you this (information) for those particulars.

“....one question I asked each doctor was,

“After you had dispensed the Pycnogenol to your patients, had any of them later substituted common store bought basic Pycnogenol as found in the health food stores? Or, had any of them tried to substituted any other highly touted antioxidants such as grape seed extract tablets, in place of your dispensed Pycnogenol?”

“....then to mention those cases, and especially the comparative results or lack of results those patients experienced. You’ll notice they are....strongly emphatic about only using this brand.

“....this independent report is solely for informative, educational purposes. It’s not intended to be personal medical advice to (anyone).”

Dr Russel B Shields, MD

“...I had the wonderful experience of being the first assistant for many major surgeries on my patients – that is before my immune system began to malfunction.

“When that happened I became more and more disabled with rheumatoid arthritis, and during the next nine years, my condition continued to deteriorate. I became extremely handicapped. The peri-articular swelling and pain in my joints was severe. I rarely slept more than two hours at a time. Also, it looked like a hip replacement was needed.

“During the ninth year in that condition, my brother, who is also a medical doctor, had suggested many times that I try something new, something that he had read about and was using himself. It was a compound from pine tree bark called Pycnogenol. But due to having tried so many conventional methods over those years, and without success, it took my brother three full months to persuade me to try it. And now, here’s what happened.

“As a scientist, I’ve got to admit, the results that followed were far beyond any ever witnessed in my practice. In fact, I was virtually overwhelmed by the relief that occurred over a period of time. Today I have regained 100% normal function of all joints, and am free of pain. The range of motion of my joints is back to normal.

“The gratitude for this compound and what it has done is beyond anything that words can convey. But I’ll try to express it by saying this. ‘Anyone with degenerative health conditions who fails to give this compound a try is passing up the single greatest opportunity to help correct their immune system malfunction.

“...there are many antioxidant products now on the market, and many of them are good basic products, but there is only one that I endorse 100%....

“No other antioxidant compounds provide remotely the same degree of results.

“...do your own comparative test to conclusively prove that to yourself.

“...I could reveal many case histories wherein I have successfully used Pycnogenol, I see these natural compounds being of tremendous benefit for most all physicians.

“Their use, especially for patients with hard-to-treat degenerative conditions, will, I’m sure, soon reach the attention of the mass media, and the people will gradually hear more and more reports about their effectiveness.

“...I was forced to evaluate Pycnogenol. I really had no interest in alternative care options, and unfortunately, that’s the case with most all conventionally trained doctors. However, I predict that within 5 years, every doctor in the United States will be made aware of Pycnogenol and other compounds....

“...because more and more of our patients will be coming to us with reports of their self-obtained health results from using them. In that way our nation’s doctors will be forced to look into this. I endorse these natural compounds 100% and see nothing but a very bright and positive future for them in the healing arts.”

Dr Ron Surowitz, DO

“...from the results I have seen in my patients, I can truly say that Pycnogenol constitutes a significant non-drug breakthrough....destined to benefit most all health-care professionals and....their patients.

“...even conservative health care organisations are now giving new consideration to alternative or complementary therapies such as these....

“...my training has made me very skeptical about medical or nutritional treatments that have not been generally accepted by the medical community. So, after a friend and patient had said that several health challenges had seemed to improve with Pycnogenol, I viewed his statement with total skepticism, because I had so little knowledge and no previous experiences with Pycnogenol.

“But after a thorough investigation, I found out that it’s a supplement similar to the vitamins I often recommend, and realized how powerful it can be in improving one’s health.

“...adequate blood flow to all cells, tissues, body organs and systems is absolutely vital. It’s one of the primary keys required for the body to heal itself. Good blood flow improves tissues permeability, thereby improving the health of tissue itself.

“...Pycnogenol....helps tissue permeability to every organ of the body. It improves circulation and cell vitality, while reducing capillary fragility and leakage through blood vessels, the cause of bruising and even the cause of strokes.

“Since Pycnogenol is a potent antioxidant, it helps to prevent disease caused by free radical damage. I use this example with my patients. Suppose you dropped a rubber band behind your desk, and found it 20 years later. If you tried to stretch it, it would likely break immediately. That’s what oxidation does. It’s no longer elastic, and that’s what happens to us with free radical damage during the aging process and many degenerative disease processes.

“Free radicals cause inflammation, plaquing in one’s arteries, skin wrinkling, cellular changes and much more, and Pycnogenol’s antioxidant effect neutralizes the damaging effect of free radicals on a cellular level.

“It is the most potent free radical terminator yet discovered, which is just one reason why it is effective for health challenges related to virtually every organ and system within the body. I am amazed at the number of symptoms that have improved in my patients with use of Pycnogenol.

“One person, who is 50 years old, has aches and pains in his neck and low back. After physical therapy, he still didn’t feel completely back to normal. With the addition of Pycnogenol, he noticed improvement in the range of motion in his neck, and in his low back, as well as a sense of well being and an increased energy level. He had previously taken a vitamin mineral complex with grape seed extract in it for more than 3 years, noticing no improvement, until he began to consume Pycnogenol.

“Another improvement I have seen with Pycnogenol is in men with benign prostate problems. One man for over 10 years was getting up 4 to 5 times at night, with frequent dribbling night and day. He had previously used three different medications often prescribed for this problem. None had any significant effect. Since being on the saturation, or loading, dose of Pycnogenol, he has had no further awakenings.

“Pycnogenol improves joint flexibility in persons with sports injuries as well as elderly people with joint problems.

“Although it is not necessary, in most cases I like to do a blood test to evaluate a person’s nutritional as well as their antioxidant status prior to beginning a saturation or loading

dose of Pycnogenol. This test is being used by progressive physicians who realise the value of good nutrition and the role antioxidants play in preventing disease.

“Before starting a supplement, my patient fills out an initial questionnaire I have developed, and several months later they fill out a second questionnaire to evaluate progress.

“A 62 year old woman filled out her initial questionnaire, and....later....a follow-up questionnaire. Upon review....she realised she had forgotten about the extra heartbeats she was no longer having....she found several other improvements, including;

- Less flaky skin
- Far less joint stiffness
- Relief from allergies and sinus problems she had forgotten about.

“Pycnogenol can improve all these symptoms due to its anti-histaminic effect.

“....once people improve, they seem to forget what was bothering them. I’ve published the health status questionnaire as well as a professional office protocol to evaluate symptoms prior to starting a person on these supplements with instructions regarding the use of the antioxidant lab test. I have also published general information for the public.

“...I ask my patients to commit to using Pycnogenol for a minimum of three months. Any shorter use may preclude them from obtaining positive results.

“...elderly patients...have said their ability to remember names and numbers has improved. I attribute their improvement to the fact that this antioxidant improves circulation to the whole body, including the brain.

“I only recommend Pycnogenol with the EDS Eenzyme Delivery System.

“Remember, this is not a drug or a herbal compound, but it is a powerful supplement. Pycnogenol is safe and non-toxic.

“...it is so new that many healthcare providers are not familiar with Pycnogenol. My excitement is in what the future holds.

“...Pycnogenol has found a place in the future of medical care, and the future is now.”

Dr Teresa Bernard, MD

“...people with serious chronic medical conditions....were...improving...it was a safe, non-toxic, and effective treatment.

“...I did some of my own reading on it, mainly with the works of Dr Richard Passwater.

“...two weeks after starting the Pycnogenol, I had a pain free menstrual period, normal in every way....this was quite remarkable, since...the menstrual cycles had become progressively more painful.

“...for a gynaecologist especially, this was impressive. No drugs, and nothing else was used, and in 2 weeks at saturation levels on Pycnogenol, to get pain free periods.

“....something I have recommended to my patients with consistently good results.

“I have a number of interesting examples from my practice....

“...painful menses, fibro-cystic breasts, arthritis, sinus allergies, asthma, and in fact the common cold, respond remarkably to Pycnogenol.

“One more application I find very beneficial, I recommend my surgical patients try it. I have been trying for at least four to six weeks prior to the surgery and they continue it afterwards...we have found they have remarkably little need for pain medication....they just heal so much more rapidly.

“A women in her late forties came to me with a long standing condition of fibro cystic breasts....they had been lumpy and painful for at least 10 years. She had already tried other nutritional approaches, with no relief....she tried the Pycnogenol and used it at saturation levels....no more lumps... no more pain....she continues to do well.

“I have been using Pycnogenol myself for about 2 years and find it consistently to be the best first approach at the sign of any cold symptoms.

“A woman....was suffering from terrible sinus allergies...a long-standing problem....she was treating it with a prescription anti-histamine and a grape seed product...she was getting minor relief at best, so I offered her Pycnogenol. She tried the product very seriously at saturation levels and...was remarkably better....she has gotten off the prescription medication and stays on Pycnogenol.

“Numerous cases of chronic sinus and severe acute sinusitis have responded very well in my practice to the Pycnogenol....a woman who developed....a serious sinus condition, at my recommendation....started...taking about 300mg of Pycnogenol, but she bought it at a local health food store....no relief. Well, I happened to have a bottle of Pycnogenol that I get from my supplier and I offered it to her. All of her symptoms were cleared.

“I have a 13 year old son and he uses Pycnogenol mainly to ward off the seasonal colds and flu's.

“I'm going to sum up...my experience with Pycnogenol, by saying that it's probably a more remarkable discovery than penicillin.

“...the reason I say that is that while penicillin and other antibiotics have served a function killing bacteria and clearing certain infectious diseases, they do so at the expense of the immune system...they prevent the immune system from doing what it is supposed to do, which is to protect us from invading organisms...Pycnogenol....works by supporting the immune system...in a very natural way clears free radicals.”

Dr Claude L Burgher MD

“While out shopping for a microwave and a fax machine, the salesman noticed how crippled I was, and brought me a chair to sit in while he demonstrated his product. He asked me if I would like to try a nutrient that is the strongest antioxidant currently available.

“I was very skeptical and doubted that this man could offer me anything that could improve my condition. However, I told him I would be glad to give it a try. I later became extremely excited over this...’wonder pill of the century’.

“I was loaded with degenerative disease, such as diabetic neuropathy, degenerative arthritis, high blood pressure, prostate problems, hemorrhoids, arteriosclerosis with cardiovascular changes, and Crohn’s disease.

“I had a total right knee performed, the removal of all the bone in the joint and replaced with stainless steel. My left knee was equally as bad, and the doctor suggested that I have both done at the same time. But I refused and only had the right knee operated on. I was happy over this decision, because my left knee is now back to normal without surgery.

“After starting on Pycnogenol, my Crohn’s disease had markedly improved. Then I ran out of Pycnogenol. All of my symptoms returned. I immediately went out to search for Pycnogenol, and found a lookalike in a health-food store. To my dismay, my conditions remained unchanged. Finally, my Pycnogenol arrived, and, in time I again improved.

“Orthodox medicine has not accepted the fact that Pycnogenol will put out the many fires caused by free radicals. Orthodox medicine has no treatment for the many degenerative diseases caused by free radicals. They only can offer a cortisone shot and wish you well.

“I have patients with lupus, Parkinson’s disease, arthritis, prostate problems and fibromyalgia. All of these conditions are showing marked improvement. It will be a while before mainstream doctors accept this type of treatment, but it is coming, and eventually it will be accepted.”

Dr Thelma Jones, MD

“Although I am traditionally trained, I do practice some complementary medicine as well. I really didn’t know anything about Pycnogenol until I read an advertisement in a journal for chronic fatigue syndrome sufferers.

“Because I however had been suffering from asthma for several years, and Pycnogenol has anti-inflammatory properties, I requested literature and then sent for the product.

“Within 2 weeks, I was able to swim without becoming short of breath, my leg swelling disappeared, my hiatal hernia symptoms disappeared and I had increased energy.

“Colleagues and patients told me of improvements with asthma, arthritis, emphysema....and of a colleague whose memory and concentration had improved with Pycnogenol.

“I myself have been able to relieve severe bronchitis within 72 hours with the Pycnogenol.

“I have had one (patient) with both Lime disease and chronic fatigue syndrome report improvement in his long-standing depression after taking Pycnogenol. Perhaps, I speculate, it is due to the enhanced blood flow to the brain. He had previously been on numerous anti-depressants with varying results.

“I have seen several patients who have bought Pycnogenol at health-food stores, and have had poor results. They have subsequently improved when they changed to the brand I have been using. Others have run out, and have become worse on other brands and have once again improved on the brand I use.

“So these are not scientific studies. I personally am impressed with the results.

“I have also wondered why Pycnogenol remains generally unknown to traditional medical practitioners. Perhaps it's the way traditional medications are introduced into the marketplace by the pharmaceutical companies, or perhaps it's because physicians don't traditionally look beyond the medications they prescribe for other healing options.

“The public is already pressing for more safer and complementary ways to heal. I am personally convinced that the public will become more aware of Pycnogenol , and that it's only a matter of time before public pressure will alert physicians to its wonderful protective and healing properties.”

Dr Franklin N Levenson

“I put my son who's allergic – has a lot of hay fever and other allergies – onto Pycnogenol...he was able to come off his Celdane...he's completely medication free now, and just takes Pycnogenol.

“I have a cousin who has flavitis...of chronic nature, and he's been medicating, he's been hospitalized for this, and he started taking Pycnogenol, and lo and behold, no more flavitis.

“I have told patients who have problems with their weight, but also they mention other problems, I will tell them about Pycnogenol.

“A lady who had severe arthritis in her neck...she was going to this radiologist to get an X-ray which showed...a lot of spurring in the cervical area of her spine.

“6 months later she happened to go back to the same radiology office to get a mammogram...the radiology technician said ‘well, what happened to you? It looks like you’re pain free now, you’re able to move your neck’. “And she tells her she’s been taking this Pycnogenol.

“So, stories like this have been coming to us and it’s constantly amazing...it’s constantly so fulfilling that we’re able to help so many people.

“...a lot of people...will say, ‘well, how come Pycnogenol helps so many things for so many people? Is this some miracle supplement?’

“I say that...Pycnogenol is not curing anything...it is...helping the body help itself...encouraging the body to work more effectively.

“Why is there so much more cancer now than there was fifty years ago, forty years ago?.

“Part of it has to do with the chemicals that have been introduced into our food source, into our water, into our air...these chemicals create free radicals...that’s where Pycnogenol comes into play. It is at the forefront.

“Another patient who is a diabetic happens to be a runner...he gets more energy, which...I notice personally.

“A local ophthalmologist...sends about one or two people a week...to us, and he’s been offering them this information for ...glaucoma, cataracts and macular degeneration.

“...being in my position at the two hospitals, we have an endocrinologist...and a couple of primary care doctors who are starting to see the benefits of Pycnogenol as a supplementation.

“So, I really feel that this is something on the forefront of what is happening in the health industry as a whole, and I have been very pleased with this company, and I know that their products are far superior to anything else that is available.”

Dr William Wu, BDS

“Our dental school was considered by many to be the number one dental school in the world, but something seemed to be missing to me.

“We had a class in nutrition, but it was only a one hour course, and from the flavour of the course, the professor said, ‘well, you don’t have to take food supplements. If you’re taking the right balanced diet, that’s all you need, because if you’re taking these vitamins and things, you’re just going to create expensive urine. It’s a waste of time and money.’

“Well, I believed that for a long time and didn’t really incorporate nutrition into my practice, until one day my friend Henry Young introduced to me a food supplement called Pycnogenol.

“Approaching things in a scientific method, I decided I would do research into Pycnogenol first. I found out there have been numerous articles and research done on Pycnogenol, and that they tested it over many generations of laboratory animals, and also they found it to be very safe. So I started taking Pycnogenol...I am essentially a very healthy person except for back pains I get...an occupational hazard...I figured...was going to be with me for as long as I practiced dentistry...after taking Pycnogenol for a period of time...I had no back pain, so I shared Pycnogenol with many of my patients and friends.”

Dr A N Pereiha, MD

“I have been introduced to Pycnogenol by a patient a little bit over a year ago, and I got very interested in this compound. I’ve been recommending Pycnogenol to a lot of people in my practice.

“Yesterday, I recommended it to a young man who has varicose veins pain and deep venous thrombosis and flavitis.

“I have a couple of young children with Attention Deficit Disorder. The one child I put on Ritalin first, then I weaned him off Ritalin and put him on Pycnogenol, he’s doing very well. Another child I put on Pycnogenol and never put him on Ritalin at all. This child is doing fine just on Pycnogenol.

I have a patient also with depression. I put him on Pycnogenol...by the way, this patient has had chronic incision pain from a long operation that he sustained over two years ago for which I’ve had to give him steroid injections and other drugs and this patient is not complaining of this problem any more.

“Personally, I’ve had rheumatoid arthritis, and I have refused to take anti-inflammatory drugs and anti-malarials and steroids that were recommended to me by the rheumatologist, and I started on Pycnogenol and this has been a great finding for me because my rheumatoid arthritis is essentially in remission....since I started taking this antioxidant four, five, six months ago.

“Also I have experienced an increasing alertness and mental acuity since I’ve been taking Pycnogenol.”

Dr Steven Phillips, DPM

“I was first introduced to Pycnogenol a little bit over a year ago by a friend of mine, and ...I was skeptical.

“So I researched the literature to find out all I could about the product, and the more I read, the more I became convinced that the product should work from the biochemical and physiological principles reviewed.

“But what really caught my interest after reviewing the books available on Pycnogenol is that it was as safe as a vitamin C supplement every day, it was non-toxic, it had no side effects, and more importantly it could be given to the young and old alike.

“This excited me from the standpoint of using Pycnogenol in my practice on an every day basis, and as a result, conditions that I have seen personally in my office practice improve, were conditions such as arthritis, diabetic ulcers, decubitous ulcers, neuroatrophic ulcers and edema, along with cases of diabetic neuropathy.

“Personally, I’ve experienced resolvment of a chronic skin condition I’ve had for 25 years.

“Through family and associates I’ve seen improvement in rotator cuff problems and associated pain...also lupus, Crohn’s disease, hypertension, irritable bowel syndrome, bronchitis, asthma, and the list goes on.

“In regard to ADD with a 5 year old male, this little boy had been on Ritalin at 20mg per day. He did terrible. He didn’t eat, he didn’t sleep, he argued all the time with his parents, and he was crabby. We put this child on Pycnogenol, and also within a certain period of time, he slept better, he ate better, he had a better personality, he had increased focus and was more attentive. One statement that really got my attention was, the mother called me up one evening and she said, “Thank you very much for giving my son back to me”, “And this really hit home.

Another...very heartwarming case...a 65 year old lady with acute arthritis. This lady has been through knee replacement surgeries. She was left with residual plus 3 edema bilaterally, she is now forced to walk with the aid of a walker, and it’s very, very, difficult all in all for her to get around.

“Previous treatment in my office in regard to the edema and pain that she was experiencing were some passive range-of-motion exercises, topical liniments and emollients for the extremely xerotic skin condition which she had presented with.

“I explained to this patient the benefits of Pycnogenol. She went on it. I’ve seen her back in about a month and a half for routine evaluation, and the results that I’ve seen were fantastic. I could not believe this was the same person. I walked into the room. Her face lit up, her skin appeared softer, she was excited, also ready to jump up out of the chair and kiss me. She had less edema, she ambulated better, and she also made the comment that her children have been asking her what she was doing because they had also noticed this difference in her personality and well-being.

“At the end of the visit, she stood up, and as she stood up, she tugged at the back of her slacks and said ‘Look, look Dr Phillips!’ as she had lost some weight also at the same time after being on the Pycnogenol. This lady is ecstatic about the results she has experienced with the Pycnogenol, as most people usually will experience.

“Based on what I have personally experienced with the use of Pycnogenol in my practice, family, friends and associates, I personally foresee Pycnogenol usage becoming as important to each and every medical practice as was the discovery of aspirin to pain relieve decades ago.”

Dr Leon Shore, DO

“I have some patients that I would like to tell you about and some of the results that these patients have gotten from using the Pycnogenol brand we use.

“...is a patient who has rheumatoid arthritis. Prior to starting Pycnogenol she was taking cortisone as well as tetracycline, and also needed to use a walker, and it took her approximately 5 to 8 minutes to get from the living room to answer the doorbell. She was able to get off the Prednasone, she was able to get off the Teramysin, and she no longer needed the walker.

“I have several patients who have ADD and ADHD...who have gotten excellent results with Pycnogenol.

“Some of the patients have been able to get off their prescribed medications entirely, and other of the patients have been able to decrease their dosage by as much as 50%.

“What I generally tell the family is this:- that everyone in the family should use it...for 2 reasons...first, statistically speaking, if a child has ADD or ADHD, one of the parents does also to a lesser degree. And second, if everyone in the family is taking it, it’s sort of a family thing that we’re all taking our vitamins, rather than having the child being singled out if he’s the only one using it, and they seem to get really good results approaching it that way.

“Next, I have a family....a mother, son and daughter who have had migraine headaches for years. They have been on conventional medication with minimal results. They have taken beta blockers, calcium count blockers, anti-anxiety and anti-depressants, and really

had not done well. They have now been taking Pycnogenol for a period of time, and these are the results that have come in so far. The frequency of the headaches has decreased significantly. One of the family members who was getting it daily, is now only having the headache weekly. The duration of the headaches when they do come is less, and the severity of the pain during the headaches also is less. Now, my hope is this, that as time goes on, those results will get better and better. I do believe that's what's going to happen.

“Now, all of us may not get results quickly, but everybody will get results with Pycnogenol if they stay on the product long enough and at a high enough dose. You must always keep the patients on Pycnogenol at a dose that is long enough and high enough until you get the results that you are anticipating, and at that time you can then back off gradually and find that particular person's level because all of us have different body chemistry, we have all had problems for different lengths of time and the problems are of different severity, so there is no one time that will work for everybody.

“I'd also like to mention what I think the future holds for Pycnogenol.

“Pycnogenol is a significant advance, and within the next five to ten years, everyone will be using it....the reason is that the insurance companies will, as time goes on, give incentives and decrease their premiums like they do for smoking, for people who take better care of themselves...they will realise that taking Pycnogenol is beneficial in keeping the people they have insured healthy and for them it will be a way to conserve money and to keep the population healthier.

“I think that Pycnogenol is a major step in preventative medicine.”

Dr Tom Cunningham

“I've always been a health nut, and constantly looking for a nutritional supplement that I can use and also recommend to my patients. I'd heard much about Pycnogenol, so I began purchasing just basic Pycnogenol at the local store for a period of time and nothing happened.

“So my first impression was that Pycnogenol was a hoax.

“Then a friend contacted me and encouraged me to try Pycnogenol he was using. I felt so much better, more aware, and what struck me the most was that my vision was noticeably improved. The depth, contrast, colour, and also my peripheral awareness had all improved. I had never expected a nutritional supplement to improve my vision like that.

“There has recently been much use of antioxidants in the treatment of retinopathies, to supply the cells with much needed nutrients and improve the circulation, and help the patient regenerate these tissues. It just stands to reason that Pycnogenol, an antioxidant 50 times more powerful than Vitamin E and 20 times more powerful than Vitamin C will

have an amazing effect on the retinal tissue. I can foresee the widespread use of Pycnogenol, with other antioxidants to treat the various conditions of the retina.”

Dr Gary T Fishback MD

“I was introduced to Pycnogenol by a friend approximately three years ago, and naturally I was a little skeptical at first, but he gave me some literature to review. I started to read it, became somewhat intrigued. I told him I’d like to research this a little further, and he led me to some other materials which were published not only in this country but also abroad.

“I noticed that the safety profile of Pycnogenol was excellent, and became confident from the safety standpoint in trying the product. So I not only tried it myself but decided to try it on some of my patients in my practice to see what kind of results we could get.

“Now, I’ve had some experience with multiple disorders and illnesses, among which are multiple sclerosis, rheumatoid arthritis, fibro-myalgia, attention deficit disorder and attention hyperactive disorder, diabetes, osteo-arthritis, lupus, and the list goes on and on. My experience is quite extensive.

“I’d like to give you a few examples of some very dramatic cases that I’ve had over the years.

“One that comes to mind immediately is of a woman in her 60’s with multiple sclerosis who came to me after having been tried on virtually all conventional medications without any success whatsoever. She came hobbling in with a cane and looked very distraught and very much in pain. I told her that really I had nothing conventional to offer her, but there was an alternative nutritional compound called Pycnogenol that in my research had shown might do her some good. So she said of course she’d be willing to try it, so I placed her on both the Pycnogenol and Aloe Vera.

“...ADD and ADHD....excellent results with Pycnogenol.”

“...the next time I saw her, she came in and said she thought it was starting to help. Her symptoms had somewhat improved, and I said ‘OK, continue the compound and let’s check you back in a little while.’

“...the next visit I had with her she definitely noticed a tremendous difference, she was walking much more gingerly and I could see a tremendous difference just in the look of her face.

“The following visit we had, she came in, she did not even have her cane with her, she left it in the waiting room, she didn’t even realise she did this, she says she feels wonderful, she hasn’t felt this good in many years, and I was naturally very impressed. I’d never been able to achieve these types of results with any conventional medication.

So I told her 'By all means, please continue this compound indefinitely', and she's doing very well to this date.

"I saw a boy about three weeks ago who had Attention Deficit Disorder, and his mother told me that, try as hard as he could in school, he just could not concentrate. This caused tremendous problems with his grades, as a result his self esteem was very low. She was familiar with the drug Ritalin used in Attention Deficit Disorder but was very concerned about all she had read in the side effect profile, so she was looking for some other alternatives...we placed him on Pycnogenol....

"...she notified me a while later that the results were amazing. He now is able to concentrate, he can perform his studies, his grades improved dramatically, his self confidence was now back, and she was just amazed and so was he at how dramatic a turnaround this compound did for him. It was just incredible.

"Another friend of mine has severe osteo-arthritis of both knees, to the extent where there is no longer any cartilage between the two main bones, and he basically is in a situation of bone rubbing against bone whenever he's walking. This naturally has led to tremendous amounts of pain on a regular basis. All conventional medications helped to a very minor degree. I placed him on Pycnogenol, and again, a short while later he told me that he started to notice an improvement, and we spoke again a while later and he said his symptoms were almost gone. He could now wake up without any pain, his mobility was much improved, and he just could not believe the difference. Of course, he is taking Pycnogenol to this day as well.

"Another side note he also noticed was that his dark brown age spots on his hands had faded as well to a tremendous degree, and again that was attributed to the Pycnogenol.

"A couple of examples that I can give on myself, I have a mild prostate condition, and when I started Pycnogenol, I was amazed that in a given period of time, my symptoms completely abated, and I no longer have any urinary difficulties. At the same time, a hemorrhoidal problem I had also disappeared, and this was something I had never been able to achieve, frankly, with any conventional medications.

"Now these are some examples, just a few of what I have seen Pycnogenol do over the last three years, and it's interesting because prior to the introduction of Pycnogenol in this country, the conventional antioxidants that have been available, which are Vitamin C and Vitamin E, just couldn't even come close to doing things like what I have just related to you. Vitamin C we found to be 20 times less potent than Pycnogenol, and Vitamin E, 50 times less potent, so we've seen my comparisons such as those what we now have in our armamentarium against all types of medical problems that we never had before.

"I also want to emphasize that when Pycnogenol first was introduced to this country and it became very, very popular as people started to experiment with it, naturally all types of companies are going to jump on the bandwagon and come out with their own compounds and claim theirs is superior...I have researched this quite thoroughly and found that the

only Pycnogenol that is of superior quality comes from this company. All the other Pycnogenols I've seen are far, far less potent.

“The reason being that the Pycnogenol that is imported in this country then has to be processed by each company, and that will determine how much of what you ingest is actually absorbed and assimilated into their enzyme delivery system, makes it 90 to 95% bio-available....this product has been shown to be superior in what is actually absorbed into the system.

“Thus the dramatic effects one sees are far superior to anything else on the market. This also includes any of the grape-seed products or other antioxidant type compounds that are being currently touted in various publications and by other companies. In my experience there is just no comparison.

“What is important to realise once you examine these other products is that they just cannot do the same job. All the other brands that are available through magazines or through health food stores are about a quarter to one-fifth the strength of this, so you would have to take so much more of their product compared to that which is produced by this company.

“It has been a pretty incredible experience for me these last few years. I have found that, really, nature and science are not always a marriage made in heaven. Although I reflect on it now, college and medical school left some gaping holes in our preparation and some holes in our education. Our education was sorely lacking in the areas of the maintenance of good sound health, such as nutrition, nutritional supplements and exercise.

“But now, I feel, thanks to Pycnogenol, the future looks a lot brighter. And why, you may ask, aren't these products well known, why don't doctors know about them, why haven't they been popularized in the media? It is the height of conceit to believe that unless you are a pharmaceutical you have no medical benefit.

“In my experience, and that of many other physicians....nothing can be further from the truth...these products have been extensively studied in Europe and their safety and effectiveness proven without question.

“Their relatively recent introduction to this country has not yet generated a body of evidence to support what we, who have used them already know. Without question these studies will follow and create such significant and overwhelming proof that doctors will be unable to deny the facts.

“I predict we will see the name Pycnogenol popping up throughout the media and medical world as a generally accepted treatment for many conditions. For me, the use of Pycnogenol has created some of the most rewarding experiences of my medical career, and it makes me very excited about future medical prospects.”