



NERVE FACTORS™

PUBLISHED BY THE INNER HEALTH GROUP ISSUE #1184

THE NERVES

Anytime you talk to someone in the healing arts, you are bound to get different perceptions of the same truth. All healers, whether they are allopaths, commonly referred to as medical doctors, osteopaths, homeopaths, naturopaths or faith/psychic healers, will agree that nerve transmission and proper muscle function are vital to good health.

NERVE FUNCTION

In actuality, without proper nerve transmissions you would die. The nerves act like telephone lines. They receive the messages from the brain and transmit, actually carry it, through nerve lines to its correct destination. The destination point then reacts in a very specific way. This is based upon the directive of the message sent from the brain. With this understanding in mind, you can begin to see the value and importance of healthy nerve lines and endings.

Homo Sapiens are a biological masterpiece. Every human being has the capacity to rapidly comprehend what is taking place in its surroundings, to observe and react to profound and subtle environmental changes, to respond in a calculated and deliberate manner to the things that happen around it and to think and make critical judgments that can often have permanent effects. These amazing abilities are all part of the intricate process that we simply refer to as "life". These abilities are made possible by a seemingly endless number of interdependent factors, including efficient functions that occur in the cells, organs and systems that make up the human body.

Through the process of digestion, assimilation and, ultimately, metabolism, our bodies have the ability to transform simple and complex chemicals and substances found and nurtured in our environment to vital nourishment that enables each of the body's cells to thrive, to repair damage and to perpetuate a healthy existence. Miraculously, the body performs these intricate functions in a state of

The nerve endings are connected to organs, glands and muscles. Each of these perform special functions that help us to live. For instance, the muscles contract and expand, based on what they are told to do, on a fairly regular basis. The heart is an excellent example. Its beating is stimulated by the electric current that flows through the nerve lines to the heart muscle. It contracts and then expands, and that is one heart beat.

THE MUSCLES

The muscles play an entirely different role. Muscles are a kind of tissue made up of fibers that are able to contract, causing and allowing movement of the parts and organs of the body.

There are two basic kinds: striated muscle and smooth muscle. All skeletal muscles are striated, long and voluntary. They respond quickly to stimulation but are paralyzed by any stopping of nerve supply.

EDITOR'S NOTE

nearly constant and sustained balance known to modern science as "homeostasis".

Understanding the human body is critical to understanding yourself. We must each have some knowledge about the complex structures and interrelated functions of this profound biological organism in order for us to achieve states of unconditional happiness and optimal health.

Self Care News® is designed to help provide its readers with crucial information about how the body, its structures, and various physiological functions depend so critically on nutrition. When you understand more about how nutrition and human functions are so closely interrelated, you will be better equipped to nurture your body into and maintain an excellent state of health.

Every issue of *Self Care News*® will feature vital information about the body's structures, organs, systems and their unique and interdependent functions, in conjunction with details about one or

Smooth muscle, found in internal organs, is short and involuntary. It reacts slowly to stimulation but does not entirely lose its ability to contract if the nerves are damaged.

The heart muscle (myocardium) is sometimes called a third (cardiac) kind of muscle. However, it is basically a striated muscle that does not contract as quickly as the skeletal muscles. Also, it is not completely paralyzed if it loses stimulation.

NUTRITIONAL SUPPORT

Minerals play an important role in the transmission of impulses between the nerves and the muscles. Minerals are part of all body tissues and fluids. They are important factors in keeping physiological processes going. They act in nerve responses, muscle contractions, regulate electrolyte balance and the making of hormones.

The following information is provided to help you better understand the role that certain nutrients play in the overall health of the nerves and muscles of the body. Those nutrients are:

more of **MICHAEL'S**® formulas. These publications will not describe how to treat, prevent or cure any illness or disease. Instead, they will focus on those things that are essential for proper, efficient, healthy functioning of the human body.

MICHAEL'S® formulas are the result of more than two decades of counseling and research into the importance of nutrition in maintaining proper health. Some formulations were created to help family members and cherished friends seeking additional dietary support.

Requirements for nutrition are different in every person, due to health status, dietary habits and the environment. Each one of my unique, synergistic combinations is unconditionally guaranteed to elevate your nutritional status, or your money back. I welcome your thoughts, and most of all, your personal experiences with my One Tablet Solutions.

Be Well,

Michael Schwartz

CALCIUM is a mineral which is necessary for healthy, strong bones and teeth. Other functions of the calcium ion include its influence in **neuromuscular excitability**, cellular, and transmission of nerve impulses.

MAGNESIUM is essential for the normal metabolism of potassium and calcium.

VITAMIN B-6 is necessary for the nerves and muscles, and digestion.

NIACIN is a B-complex nutrient which promotes growth, and the proper functioning of the nervous system.

INOSITOL is necessary for hair growth, the metabolism of fats and cholesterol and for the formation of lecithin.

HOW TO OBTAIN NUTRITIONAL SUPPORT

MICHAEL'S® NERVE FACTORS™ is a very specific formula composed of the two most important minerals required by the body, calcium and magnesium. **MICHAEL'S® NERVE FACTORS™** contains the herbs valerian root, skullcap, and hops, as well as passiflora, all known for their healthful attributes. **MICHAEL'S® NERVE FACTORS™** is the only synergistically complete calcium and magnesium combination complemented by herbs and other nutrients for increased assimilation.

Like every **MICHAEL'S®** nutritional supplement, this one is manufactured with all natural fillers, binders and coating. In addition, all of **MICHAEL'S®** products are free of yeast, sugar, and starch. Some products are dairy, soy, and wheat free too.

MICHAEL'S® NERVE FACTORS™ can be taken anytime you feel the need to provide for the proper functioning of the nervous system or muscles.

About MICHAEL'S® Products

Seasoned health food shoppers already know that a combination of nutrients is always more effective than taking single nutrients one at a time. Add in the cost savings of taking combinations, with herbs included, and the math proves to be more efficient, too. Combinations increase assimilation and reduce the amount of binders and fillers. That's why **MICHAEL'S®** created the **FACTORS OF LIFE®** programs. Your life is busy enough as it is. Why worry when synergistically complete nutrition is conveniently at hand?

MICHAEL'S® products include an expiration date to ensure freshness. He personally guarantees purity and specified content. Each product is hypo-allergenic with no artificial colors or flavors. The formulas contain cold-pressed or organically grown (when available) herbs to ensure the highest quality. Additionally there is no sugar, wheat, corn, gluten, sodium, or anything artificial

in any of our supplements. These high-potency, all-natural products are even manufactured with food-grade fillers, binders and enteric coatings. Most are suitable for vegetarians and tell you so right on the front label. Every product is double safety sealed with an outer shrink wrap and inner bottle freshness seal. As is normal in all-natural products, some color and texture variations may occur, but do not affect product purity, potency or assimilation.

Above all else, all **MICHAEL'S® NATUROPATHIC PROGRAMS** are designed to produce physical results you can feel, due to the innovative nutritional supplementation with specific, targeted **FACTORS OF LIFE®** programs. As always, the newest developments, the finest ingredients and the most effective formulations for your total healthcare from **MICHAEL'S® NATUROPATHIC PROGRAMS**.

Sources Cited:

¹ Bhat K. Nutritional status of thiamine, riboflavin, and pyridoxine in cataract patients. Nutr Rep In 1987;36:685-692.



Amount Per Serving		% Daily Value
Niacinamide (as Nicotinamide)	75 mg	375%
Vitamin B-6 (as Pyridoxine)	25 mg	1250%
Calcium (as Calcium Amino Acid Chelate)	150 mg	15%
Magnesium (as Magnesium Amino Acid Chelate)	150 mg	38%
Hops Flower (Humulus lupulus)	100 mg	*
Inositol	100 mg	*
Skullcap Herb (Scutellaria lateriflora)	100 mg	*
Valerian Root (Valeriana officinalis)	100 mg	*
Tyrosine (as L-Tyrosine)	50 mg	*
Passion Flower Herb (Passiflora incarnata)	50 mg	*
Kava Kava Root (Piper methysticum)	15 mg	*

*Daily Value not established.

OTHER INGREDIENTS: Maltodextrin, Stearic Acid and Magnesium Stearate.

