

**TRUEHOPE NUTRITIONAL SUPPORT LTD
CONFERENCE CALL
AUGUST 2, 2007
WITH CO-FOUNDER DAVID HARDY**

Mr. Jared Hardy: Hello and welcome everyone to the conference call. I'm Jared and I will be your host this time, in the absence of Dana, who has done it in the past. We have here as well David Hardy, we would like to welcome you to the conference call.

Mr. David Hardy: Thank you

Mr. Jared Hardy: David is a cofounder of Truehope. For those that may not know. Just to let you know the format, of our conference call today, you are muted so we won't be able to hear in this conference call. But we are glad to have your feedback and comments and questions. You can send comments or questions to feedback@truehope.com, or you can also call 1-888-TRUEHOPE and just give your questions or comments there. So we expect our conference call to last approximately 30-40 minutes today and we hope you enjoy. So the topic of tonight's call will be unlocking the full potential of Empower Plus by improving bowel health. David you have considerable experience with people with serious bowel issues, can you describe what people experience and what you've done to help?

Mr. David Hardy: Well there is no question that when you are talking about deficiencies of elements that absorption through the bowel is a significant issue. If you have poor absorption whether it be irritable bowel, diaherra, constipation, some of the things that we will be talking about tonight it is definitely going to effect the absorption of nutrients from your foods and perhaps even from the supplements. So the benefit that the supplement can be to you in some measure depends upon how health your bowels are and of course how healthy you are, depends in large measure of how healthy your bowels are. There has been

some very interesting studies, Jared, that have come forward I know that we've cited for a long time a study done in at John Radcliff hospital in Oxford England. Where the researchers found 90% of these patients who repeatedly sought treatment for digestive track symptoms had at least one current psychiatric diagnosis. So that is 9 out of 10, who sought treatment for digestive track symptoms that had psychiatric illness and 48% of those same patients had 2 concurrent psychiatric illnesses at the same time. That correlation is just incredible and it would be foolish to ignore that, that kind of correlation.

Mr. Jared Hardy: Certainly! That's shocking!

Mr. David Hardy: It is shocking and of course we have found since a study reported in the Journal of Gastric Enterology in April 2002, a summary of more than 20 studies that have assessed the overlap of irritable bowel syndrome and psychiatric disorders in last 3 decades. Most studies show prevalence psychiatric disorders in irritable bowel syndrome to be 90% or better as well. So that is a broad base study of over 20, a summary of over 20 different studies that show that the correlation between psychiatric illness and irritable bowel syndrome to be somewhere between 54-94%, in the studies. But on average pretty much 90% which is again is confirming the original John Radcliff Hospital experiment and it is pretty shocking to realize that so many people who experience central nervous system disorders have accompanying bowel disorders.

Mr. Jared Hardy: That explains why you have had so much experience with this. Listeners that have had difficulty with bowel issues are not alone, certainly.

Mr. David Hardy: Well it points out to me to address all bowel issues as much as possible when you are taking the supplement or when you have a mental illness in general. Now the literature also shows that some of the medications affect the absorption of different nutrients, so it's possible that certain medications for example, there has been correlation between antibiotic use and poor uptake of

certain specific minerals. Antibiotic use also has the effect of destroying some of the micro flora in the gut and that will effect of course the break down of food because it's micro flora that helps break down the cellulose wall of the cell and release the nutrients to the body. So when that is affected, you are going to see increase in probably in diaherra and or possibly constipation but usually diaherra. Where the foods are not broken down as well, therefore what you get from your food in not being released and you get increase in symptoms and this has been seen by Dr. Popper from Harvard. In his use of the supplement in his practice, as well as the people that we deal with, as well as other physicians who have seen this. There are a number of ways that bowels disorders and bowel complications effect mental illness. But in every case it's essential that you address these bowel issues as carefully as possible in order to avoid exacerbation of current symptoms. Or in order to assist in healing of symptoms you currently experience. Let's talk for a minute about some of the effects of bowel disorders. Of course what happens often in a bowel disorder is that the lining or the mucosal membrane of the digestive track will be upset or you can get destruction in the little abili, the little finger like projections in the lower digestive track that increases the surface area of the bowel and increase absorption of nutrients into the system. When those things are negatively effected because of viral infections or bacterial infections it can create blood in the stool, it can create serious problems with absorption of minerals and it's just very interesting that the correlation between people that experience that kind of thing and those with central nervous system disorders or mental illness.

Mr. Jared Hardy: Which do think came first? The bowel dysfunction or ...

Mr. David Hardy: That the chicken or the egg theory. I don't think that every CNS involves a bowel dysfunction but certainly many bowel dysfunctions involve CNS disorders as the literature has proven. So it's essential that you look at those issues. For instance, if someone experiences diaherra on a continual basis, they have a much greater likelihood of experiencing nervous system disorders and that just makes sense because you're not absorbing the food that

you eat, you're not digesting it properly, for whatever reason your body is not breaking it down appropriately. So you're not getting the goodness out of the food you eat, number one. If you supplement, it certainly going to help but it may not still correct the underlying problem of the bowel disorder. So it is essential that if you have diaherra that you don't let it happen in your body, that you address it in some way. One of the things that we have found quite affective is that our calcium supplement, Truehope BMD, seems to work extremely well in most cases for most type's diaherra. I would say about 90% of cases will stop diaherra. Now other forms of calcium like calcium carbonate will do the same thing often it will slow down diaherra. Sometimes too much calcium can give the opposite problem constipation and that's bad too. That too will interfere with the absorption of minerals. But with diaherra we have found that if you take 1-2 tablets 3-6 times a day on an empty stomach and drink plenty of water you can usually, eliminate diaherra kinds of problems. If that works for you, it's better than taking Imodium or some of the other medications because many of them have a psychotropic effect and we have found that they can often have a negative effect on existing central nervous system disorder. So certain kinds of Keopectin for instance didn't use to have, I think it does now, but it didn't use to have anything in it except pectin. Well that's a natural form of something that worked quite well and so keopectade when it was only containing pectin worked quite well for diaherra and it didn't have any central nervous system dysfunction or system effect rather. Imodium on the other hand has psychotropic effect, there are drugs in it that definitely help the diaherra but they also have a psychiatric factor or psychotropic effect on the body so some of those aren't necessarily the best and constant use of those can also create a dependency, the body doesn't correct the problem it can become worse. If you can solve the problem with calcium supplementation or green bananas seem to work quite well for diaherra and of course you can choose things in your diet like cheese and peanut butter, mangos and papayas, and applesauce and that kind of thing that also seem to have, applesauce especially that's high in pectin, will act like keopectade in reducing diaherra.

Mr. Jared Hardy: Okay

Mr. David Hardy: Constipation on the other hand, if you have that you need to address it immediately as well. You need to make sure that you are working to get rid of the constipation. So it's not something you should just live with. Now normal stool function would indicate that they say the ideal number of stool to have a day is 3 so if you have 3 bowel movements a day, you can consider yourself healthy. More than that, particularly if it tends to be watery or something is diaherra. But if you're having a bowel movement once every 2-3 days or once every week or so then that is serious difficulty and you need to address those kinds of things readily.

Mr. Jared Hardy: So what can that do if diaherra causes problems one way what is the problem the other way?

Mr. David Hardy: Well the development of toxins that build up and back up in the digestive track it just doesn't allow proper movement of the foods through the digestive track. So you are not getting absorption properly of these minerals in the body as well.

Mr. Jared Hardy: Okay.

Mr. David Hardy: The mechanism that absorbs the last amount of water and releases some of these micronutrients back into the body doesn't happen as well either, if the lower part of the bowel is clogged up with fecal matter. You really need to empty the bowel and see that you should have 1-2 bowels movements a day. If you are healthy. If you don't you can work on it. You can consider in your diet, foods that are higher in dietary fiber such as whole grains, and vegetables, nuts and seeds. We found that flax seed and flax seed oil works particularly well with constipation. So eating food with higher fiber content is really often the key to controlling constipation naturally.

Mr. Jared Hardy: Okay

Mr. David Hardy: But there are other issues in the bowel that also occur and some of these can be, bacterial flare ups and or flare ups of Candida and these can be serious, serious problems.

Mr. Jared Hardy: So a question on bacteria flare, up you mentioned the antibiotics can be detrimental and make the supplement less absorbed. Can you elaborate a little bit on that?

Mr. David Hardy: Well antibiotics can have specific absorptive effect on particular minerals but they have the general absorptive effect once again because they kill so much of the micro flora in the digestive track. It can inhibit the body's ability to break down your food, so you're not getting as much nutrition from your food that would increase the need for supplementation. In fact Dr. Popper was the one that first tried this in his patients who were on Empower Plus, when he gave them antibiotics he would always increase the dose of Empower Plus to one and half times the level they were taking. That effectively eliminated the exacerbation of psychiatric symptoms in his patients. Otherwise he found that when he put his patients on antibiotics psychiatric symptoms almost invariably increased, sometimes seriously.

Mr. Jared Hardy: Wow!

Mr. David Hardy: There was regression in symptoms just because they were on antibiotics and that makes sense for those reasons. Again the body loses its ability to break the food properly so you are not getting as much nutrients from your food and when that happens you become deficient. The best way to make that up is to increase during that period of time, the supplement. What he does is when he puts them on an antibiotic, he immediately increases their Empower plus once again to one in a half times the level that they were taking before. Whatever that level was. If they were taking the loading dose of 15, he ups to

one in half times that. If they were taking 20, he up it one in a half times that. He's found a great affect if they are taking less and do well on less, then he just increases it one in half times. The last I talked to him, it had not failed him in his use of antibiotics. Now another important factor when you are using antibiotics of course, is that antibiotics can not only kill the micro flora but they kill a micro flora selectively to so degree. They don't have the same effect on Candida and on other forms of yeast infections or yeast, as they have on the bacteria, so that means that when you take antibiotics it gives Candida and other forms of yeast a chance to flare up and one of the biggest causes of imbalance in micro flora in terms of yeast infections is the use of antibiotics for that reason. So people who have routinely been on antibiotics in their youth and who have used antibiotics to any extent at all should be aware they are certainly candidates for yeast infections. You know recent study out of, I believe, and this is off the top of my head so quote me on this, but I read a article from the, not to long ago, from a journal indicated that a study, I believe from a diagnostic lab from the state of Oregon indicated that 17% of all serious infections in hospitals now are yeast related. About 69% from Candida and the rest of that percentage from other kinds of yeast infections. They indicated in that article that yeast infection not only make up 17% off serious hospital infections, but also that they are a significant contributor to hospital deaths. So these yeast infections can become so serious that they're life threatening.

Mr. Jared Hardy: Wow!

Mr. David Hardy: That occurs particular when yeast infections become systemic. That is the yeast starts to grow in the lower gut mycelium. It's not longer yeast now it's actually a growing fungus and it grows through the digestive track wall. Creating a leaky gut and it allows leakage of yeast and other things into the blood stream and even into the stomach cavity of the body creating a systemic problem that can be very, very difficult to eradicate. Of course can become life threatening. We have a number of products because yeast infections are very common. I would say 13-19% of our participants, yeast infections are evident.

Mr. Jared Hardy: Wow!

Mr. David Hardy: There are number of treatments that we have developed. Our olive leaf extract, (OLE) is very powerful antifungal agent that works systemically. The Threelac product that we carry that's not our product, but it's actually a product from a Japanese Pharmaceutical Company. It puts out 3 kinds of live bacteria that have an effect of the environment in the lower bowel, so that it will make that the yeast can't thrive in the environment. That seems to be quite effective as well. There are many things that you can take that are antifungal as well, they include, things like oil of oregano that can be taken orally. They includes things like grapefruit extract, caprylic acid, things like garlic which is a powerful antifungal and we have talked about this in other conference calls. We have addressed yeast specifically. It's very much it has a great effect on bowel function. It is very serious and can be life threatening and it can certainly exacerbate symptoms of CNS disorders. The use of the supplement when you have a serious Candida infection, isn't effective because what happens is the supplements really just allow the Candida to thrive. If you can just imagine this parasite, Candida living on now a abundance of good nutrition and it just thrives. So in that sense if you are not addressing the Candida, it is not a good idea to be on any significant level of the supplement. It kind of feeds it, just like food does and others things. But regardless of that, if you have a Candida issue you need to get rid of it. There are clinics that work on nothing but Candida. It's a serious problem. Some of the systemic antifungal agents that doctors can prescribe are reasonably effective but they are all dangerous in that they can shut down the liver and other functions in the body, so you know physicians don't like to use them routinely. But you know, some people do resort to them because they have serious Candida or yeast infections.

Mr. Jared Hardy: Wow! So for a person who is taking Empower Plus and has never been treated for a Candida issue who maybe has not heard of it before,

who would they know whether or not they have an issue of Candida, what are the signs and symptoms to look for?

Mr. David Hardy: Well there are little tests we have at our center that they can take and it ranks them for likelihood of the Candida problem of course some of the symptoms of some of the likely symptoms of having a Candida issue are also symptoms of having CNS issue, because if you have a serious Candida infection, quite likely you are deficient enough that it's going to create nervous system symptoms. There are other symptoms of Candida that it quite often creates things like diaherra and constipation alternately it can create other things, the yeast can actually break out and become itchy and various areas of the body, especially those that tend to be some what moist. So you can actually sense it in your hair or in folds in the skin in various places and other areas. Of course there is vaginal yeast and infection problems that may or may not be related to a systemic yeast infection.

Mr. Jared Hardy: So they are treated separately.

Mr. David Hardy: Those that are treated somewhat separately as kind of a system outside the body as it were, and it can in one sense and can be a completely separate issue from a serious systemic yeast infection. Although, those people with yeast infections often do or could experience vaginal infections as well.

Mr. Jared Hardy: Okay, so there is some overlap.

Mr. David Hardy: There is some overlap. But not always. The presence of one doesn't always indicate the existence of the other.

Mr. Jared Hardy: Okay. What would you recommend for a person who is wondering whether or not, if this is an issue for them?

Mr. David Hardy: Well there are tests that can be done and doctors don't routinely offer these tests. It is just not something that they are set up to do. But there are labs that can test for Candida. It can be tested through the stool; it can be tested in some other ways. Like I say there are clinics that are set up just to address the symmetrical clinic, set up just to address the issues of serious Candida infections. It's a very serious problem. Now the overall bowel function is dependent on neurotransmission to some degree. For instance, Serotonin has an effect on the peristaltic movements through the digestive track, that's the movement that keeps food moving. The little wave like contractions in your digestive track that keeps food moving through the gut. That's partly a function of neurotransmitters. Therefore those who are depressive, often also have constipation because they are low in Serotonin and it leads to less peristaltic movements through the digestive track and therefore constipation as well as depression. That's quite a common occurrence to see those two run together. A question might be with those serious bowel disorder, is there any hope for these? Crone's disease, irritable bowel syndrome, some of these can have a serious effect on the lining of the bowel. You know you wonder if they can ever be overcome. I think the answer is yes if you are careful I think you can assist the body in healing the bowel and overcoming some of these problems. Certainly we have seen the effect of the supplement do that. It doesn't mean that the supplement and I won't say, can anyway mislead anyone, the supplement can't cure every bowel disorder. But in most cases we have seen bowel disorders improved and in some case be eliminated. After sometime on the supplement, it seems that the present of these essential elements brings back better functioning to all areas, it allows the body to repair itself better, allows the body to repair the lining of the digestive track better and some of those functions return to normal.

Mr. Jared Hardy: That makes sense. Giving the body what it needs to do what it should do.

Mr. David Hardy: It does. I wouldn't be surprised if someday there will be study on the correlation between deficiencies in certain elements and various bowel

dysfunctions. Just like we have seen the correlation between so many other things. I don't know of studies done specifically with that, but certainly it makes sense to me that a lack of essential elements could play a role in creating a unhealthy environment in the bowel. And vice versa. Other things that may have an effect of course, would besides drugs; stimulants like caffeine can show a negative effect on the bowel dysfunction. Exacerbating something like diaherra for instance is not a good thing to eat high caffeine products when you have diaherra. There are things like that you need to be aware of and once again if you have, therefore a bowel or serious bowel symptoms in any form rather it's recognizable as diaherra or constipation or digestive track pain or bleeding of the bowel make sure you get those things check out and make sure you do everything you can address those issues. That'll be the best way to contribute to your overall better health and improvement of whatever you maybe experiencing.

Mr. Jared Hardy: From what it sounds like it seems to be critically important to let the Truehope support staff knows when these issues are happening.

Mr. David Hardy: Without a doubt. If you're a participant considering use of the Empower Plus, for any reason, it's essential that you're aware and or you let our staff know especially if you have a serious CNS difficulty that your trying to mitigate. It's essential that you let our staff know that you are experiencing some of these issues. They can help you address them. We have worked with hundreds and hundreds of people who experience these things and we have had a considerable amount of experience helping them deal with it effectively, with these issues so that you can improve and like I say with time if you give it time it doesn't happen overnight. The bowel doesn't repair itself overnight but we have found that serious bowel disorders you know even where the lining of the bowels have been damaged and shed. Those things can be repaired and if you address them properly that will be helpful. Well I think we have covered in lager measure Jared, a lot of the things that we're aware that are significant with these issues. It's is really shocking seeing the correlation between bowel disorders and central nervous system dysfunction and other dysfunctions. Some of the studies show

comorbidity with so many other things. Some really high correlations were with joint disorders and chronic pelvic pain and fibromyalgia. All of these things were comorbid with bowel disorders and it's not surprisingly that it is related to many, many, many different aspects of wellness.

Mr. Jared Hardy: Nutrition you would say is the common denominator.

Mr. David Hardy: It's the common denominator.

Mr. Jared Hardy: It just makes a lot of sense, doesn't it?

Mr. David Hardy: It does.

Mr. Jared Hardy: It's been great to be involved in the call today we sure appreciate the information and we sure hope the best for all of those who are experiencing bowel issues out there and we certainly want to help them out anyway we can with those.

Mr. David Hardy: Well indeed that's right. I think what we have discussed tonight makes a lot of common sense and it's certainly very, very significant as a part of overall wellness. So the more the people can get a handle of these issues, the better they will be. I to appreciate being on the conference call tonight and hope that some of this information that we have shared with people will not only awaken them to the potential correlation between bowel issues and serious health problems. But also assist them to find answers to serious problems that can be overcome.

Mr. Jared Hardy: Wonderful. Sounds like hope to me! Truehope!

Mr. David Hardy: Truehope!

Mr. Jared Hardy: That's great! We would like to thank you for listening in tonight and once again your feedback, comments and questions are welcome. Send them to feedback@truehope.com. We will get back to you. Feel free to call 1-888-TRUEHOPE. Certainly if you are taking empower plus and experiencing any of these issues we have discussed, are support staff are knowledgeable in these issues as well. They'll help you through the issues you are experiencing. There is a audio archive online that you will be able to access the audio of this conference through so if you have missed something or want to listen again feel free to do so there. There is a written transcript online that you access.

Mr. David Hardy: That will be available in a few days after our typist has a chance to type it up.

Mr. Jared Hardy: That's great!

Mr. David Hardy: SO we say goodbye to all of our listeners tonight and the very best to you!

Mr. Jared Hardy: Thanks very much and have a good night.