

Dr. Sterling C. Wood  
3120 Sunrise Avenue  
Las Vegas, NV 89109  
702-241-7267  
drscwood@gmail.com

**EICOSANOIDS – THE CELLULAR ROAD TO HEALTH**

**By**

**DR. STERLING C. WOOD**

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## **ACKNOWLEDGEMENTS**

There are so many people responsible for helping to create this book. Without their contributions in my life, I would not be able to share this great knowledge and information to help people change their lives and gain back their health. I feel that my God has placed the invention of Eicolife and the winding road to visualizing health into my hands to share with everyone I can.

At the top of the list of those I would like to thank are my mother, Theresa Wood and my father, Dr. Homer Wood. They were the most wonderful parents I could imagine having. They established and modeled a solid foundation of hard work and education for me, and they taught me how to be generous and how to help those less fortunate than myself. While showing me love and kindness, paired with strong discipline they always told me I could make it in life and encouraged me to be the best doctor I could be. Thank you, mom and dad.

I had several teachers in college who gave me alternative viewpoints to seeing education in an analytical way. Dr. Chris Jordan at Dallas Baptist University was one of many amazing teachers I had the privilege of learning from. In my residency, I was very fortunate to have had several residency doctors who were progressive, yet held firm to established surgical principals. They taught what to do

as well as what not to do, a very important principle. These great doctors were Dr. Sheldon Goren, Dr. Ronald Lepow and Dr. Robert Parker.

Dr. Marty Repinez was the senior resident and would discuss each case from an analytical viewpoint. He would bring models like the bones of the foot and ankle or clay images, so we could go over the details before surgery to understand the principle. His method helped me become a better teacher to my patients.

I really fancied my time with Jack Blumenthal (General and Plastic Surgeon) who taught me to play the guitar in order to help create more dexterity with my hands. He was amazing and I recall times when he would juggle surgical instruments during surgical procedure, sometimes holding five to six instruments in his hand while performing surgery. I once saw him remove an appendix in four minutes using a plastic surgery closure as well. He taught me how to be more creative and definitely a better surgeon.

In developing Eicolife, I would like to thank all of my patients who took the time to plan their meals and stuck with their new meal plans to let me see the positive results of eicosanoid control.

I would like to thank Dr. Barry Sears for his Zone books and the many meetings we had prior to his publications, laying down a lot of the groundwork for eicosanoid control.

I would like to thank Adam Dieter and his staff Rachel Flores and Taz Gokul for taking many months of diligent laboratory hours to finally construct this marvelous product (Eicolife).

I want to thank Will Judware for keeping us all together at Eicolife, Ken Ciancimino for encouraging me to write this book and Katrina Nabong for transcribing this book.

I want to thank Joe Lynn Turner, the famous rock and roll star who encouraged me in the last two years to stay focused and help with label design.

I would like to thank my amazing wife Fon for always believing in me and giving me encouragement along this difficult journey. I would like to thank my son Sterling Jr. for being a true Eicolife baby, who only drank Eicolife as his infant formula, and has developed into a wonderful, healthy, handsome son.

I want to thank all of my readers for reading this book and considering change in your life with diet and Eicolife.

## ABOUT THE AUTHOR



Dr. Sterling Wood's was born at Methodist Hospital in Dallas, Texas where he later did most of his surgeries. His parents stood behind him throughout his life, always giving him love and encouragement. In his youth he had many friends who were wonderful to be around. At the age of thirteen, Sterling and his father met Lee Harvey Oswald at the Sports Dome Rifle Range one week before the President Kennedy's assassination and spoke briefly with him while witnessing his expert riflery. This later led to his testimony in the Warren Commission investigation of the death of President Kennedy. This is not a meeting one remembers favorably, but was a part of his life.

After high school, Sterling was driven to become a doctor like his father. He was accepted to the Ohio College of Podiatric Medicine in Cleveland, Ohio where he spent four years of diligent study to graduate. After graduation, he did two

internships, one at Lindell Hospital in St. Louis and the other in Lakewood General Hospital in Lakewood, California.

After his internships, Sterling completed the Harris County residency program in Houston Texas. This residency was affiliated with seven hospitals. At the time Sterling felt this was the best residency in the country in his field of foot and ankle surgery. He then returned to Dallas to start his practice in the same office as his father, with his mother being the receptionist for both of them. This was the greatest time in his life because he always wanted to practice next to his father and mother. He worked at many hospitals in Dallas, Hurst and Bedford Texas (seven total), and at one time he had four offices.

Dr. Wood has published several papers, one on the accelerated healing of bone and soft tissue with the use of mega dosing (large doses) of Vitamin C. During his practice, Dr. Wood regularly encouraged his patients to take large doses of Vitamin C.

Dr. Wood was most fortunate to be on the board for the Thelma Boston Home for Handicapped Children. Thelma Boston was an amazing lady who raised over 300 severely handicapped children and placed many in jobs throughout Dallas. Dr. Wood was blessed with the opportunity to regularly take 20 or more children on a weekly basis to play games and have fun at various places through Dallas. This was a great learning experience for Dr. Wood.

In the 1980s Dr. Wood was able to meet Dr. Barry Sears and other people from Harvard who opened his eyes to dietary manipulation of eicosanoids. He then integrated this into his practice. Dr. Wood saw the great benefits of regulation of food and drink to get one's life back. He knew that he had to create a product that would be easy to take and integrate into a normal lifestyle.

In the later years of his practice, he worked with a lot of diabetics who had comprised circulation with life and limb threatening infections, and bone and soft tissue. Dr. Wood performed a great deal of amputations on parts of the foot to transmetatarsal amputations in an attempt to save the foot and/or not lose the lower leg. This is when he realized that he needed to stop his practice and devote himself full time to developing this product called Eicolife. After six years and many tough obstacles, his product has finally arrived. During this time Dr. Wood was also able to write this book.



# **EICOSANOIDS**

## **The Cellular Road to Health**

I was born to a post-World War II family who sat down to balanced meals every evening. But I was a child who couldn't wait for his next meal and indulged in sugar-laden snacks before and after each meal. This resulted in gluttony and severe childhood obesity. It made quite a dent in my psychological development because everyone watched what I ate and called me chubby, fat, and lard butt. I was very athletic but slower than the rest due to my obesity, so when it came time to pick school team members, I was always chosen last. When my grade school football and basketball teams got new uniforms, the person inheriting my clothes had to get quite a seamstress overhaul.

While I was definitely on my way to culinary suicide, my mother began having problems blacking out, talking to imaginary people and basically just wandering. My father who was a doctor took my mom for a psychiatric evaluation. Their diagnosis was paranoid schizophrenic and their proposed treatment was electroshock therapy.

My father objected and was able to contact a famous internal medicine specialist named Dr. James Hill. He felt my mom was hypoglycemic, and after a six-hour glucose tolerance test, which fully confirmed the diagnosis, he removed

her from the hospital and started her on a planned six to seven meals per day regimen. Included in this regimen were vitamins and enzymes supplements and my mother became a normal functioning person within days.

This opened my eyes to nutritional medicine, and changed my eating habits immediately. I began to eat much healthier, eliminating sugar and white flour from my diet. I lost a lot of weight and soon after discovered the opposite sex. From that point on I was determined to never be overweight again.

I started reading health books by Adelle Davis and formulated a more balanced meal plan. When I went to college it seemed like my diet slipped to what was available at the snack bars, school cafeteria or fraternity dining room. I maintained my weight but felt compromised with fatigue and laziness.

Upon entering medical school I lived on quick meals, caffeine and very little sleep. After this experience, I now feel medical school students would do better if they learned to manage and balance their meals, as this would lead to more alert and attentive doctors. Remember, you are what you eat.

After medical school came residency, and finding a nutritious meal became even more difficult because it was always hospital food on the go. If you want to really get ill just stay in a hospital for long periods and consume their food.

Soon after I started my practice I met Dr. Barry Sears and others at Harvard who were responsible for the Nobel Prize in medicine. They earned this award for

their work with eicosanoid hormones and how to control the most powerful regulatory hormones in the body's system. These hormones are regulated with diet to control insulin levels, the real dietary road map to health.

I soon changed my diet to promote these most powerful hormones in a positive manner. The eicosanoids are on every cell membrane, creating and controlling every function your body performs. In the next chapter we will discuss the eicosanoids.

# **EICOSANOIDS**

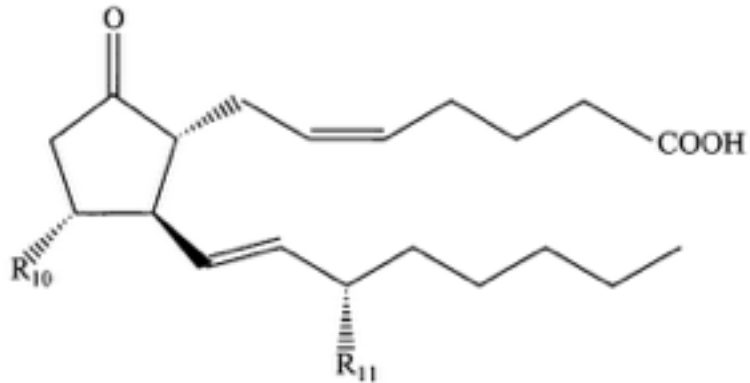
## **The Complex but Simple Solution to Health**

### **What are Eicosanoids?**

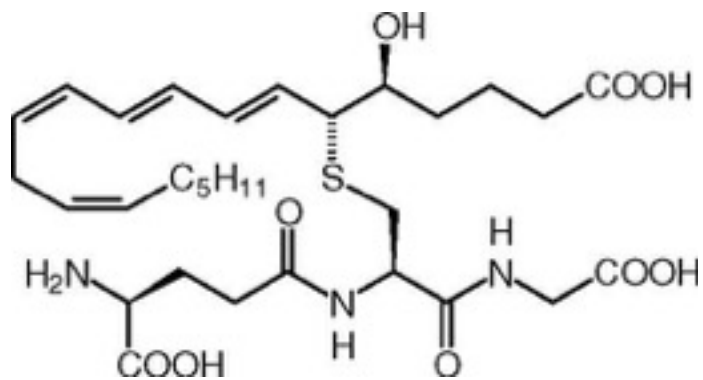
You can ask most physicians and healthcare experts what eicosanoids are and you will usually get a blank look or just some babble.

The Nobel Prize in medicine was given in 1982 for the discovery of how eicosanoids control every physiological function your body performs. I feel this is one of the most important Nobel Prizes awarded to anyone. The medical community falls upon deaf ears to this marvelous discovery. Since the Nobel Prize was awarded there have been over 80,000 published articles on the power of the eicosanoid hormones and how to control them, yet where are the readers?

These powerful hormones are on every cell membrane in your body. The body has approximately sixty trillion cells with sixty trillion hormones per cell. These hormones respond to various changes in your environment. We will call these eicosanoids hormones your cellular Internet working at mind-blowing speeds, lasting from five to seven hours with dynamic changes to your body.



Eicosanoid Prostaglandin



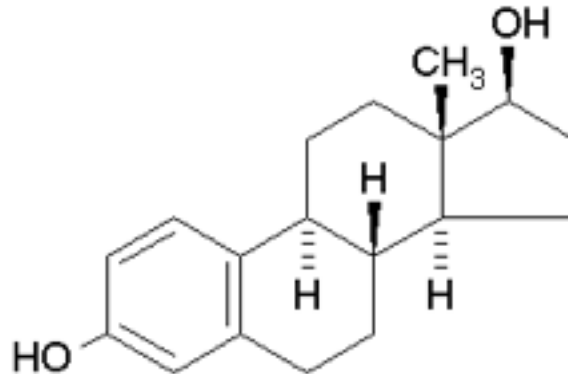
Leukotriene (negative eicosanoid)

*The Nobel Prize in Physiology or Medicine 1982 was awarded jointly to Sune K. Bergström, Bengt I. Samuelsson and John R. Vane "for their discoveries concerning prostaglandins and related biologically active substances".*

What is great to know is that the body has both "+" (positive) and – (negative) eicosanoid responses. This is based simply upon what a person eats or doesn't eat, and drinks or doesn't drink. But we will get back to eicosanoids in a minute.

Let's talk first about some hormones that are more familiar, the endocrine hormones. These hormones get their names from the glands or organs where they

are produced. They travel in the blood stream, carried by a protein molecule to areas where you need their specific reactions and are let loose performing their duties for five to seven seconds with effects lasting many hours.



*Testosterone molecule*

Some of these familiar hormones are called estrogen, progesterone, testosterone, insulin, adrenaline and thyroid. There are many more, but these are some common names people hear every day. While these are all very important, the eicosanoids, classified as apocrine hormones are much more powerful than the endocrine hormones. Apocrine hormones reach areas of the body such as the blood stream, muscles, joints, skin, and hair. They also reach every organ including the pancreas, kidneys, liver, spleen and most importantly the brain and heart. They communicate how to react to the changes in the body's environment and equally important, how to fight disease. These hormones can also communicate how to

stop a process before it becomes a disease. WOW! What do we have here?

Introducing the cellular Internet key to the quality of life!

Controlling these amazing hormones is very simple, because what we eat and drink affects our insulin levels. So controlling our diet is key to controlling these Hormones. By simply controlling what you eat and drink you can slow down the overproduction of insulin by your pancreas. I will explain how to do this later.

Poor selection



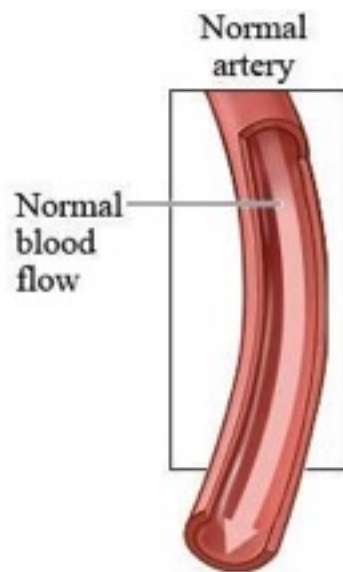
Good selection



There are two types of eicosanoids, which are simply positive eicosanoids and negative eicosanoids. You need some of each to live, but it is much better to have

the "+" (positive) eicosanoids in greater numbers to limit insulin and produce positive responses. When controlling the "+" (positive) eicosanoids you will basically see six improvements in your body:

1. A much more dynamic circulation from the arteries to the capillaries (from large to small). Without good circulation nothing favorably happens in your body.



2. Improvement in your immune system to help fight disease.
3. Reduction of inflammation from joints, muscles, and organs resulting in better movement, less fatigue and just feeling back to your good old self.
4. Burning body fat for energy and weight loss instead of storing fat, which translates to fatigue, weight gain and body fat increases.



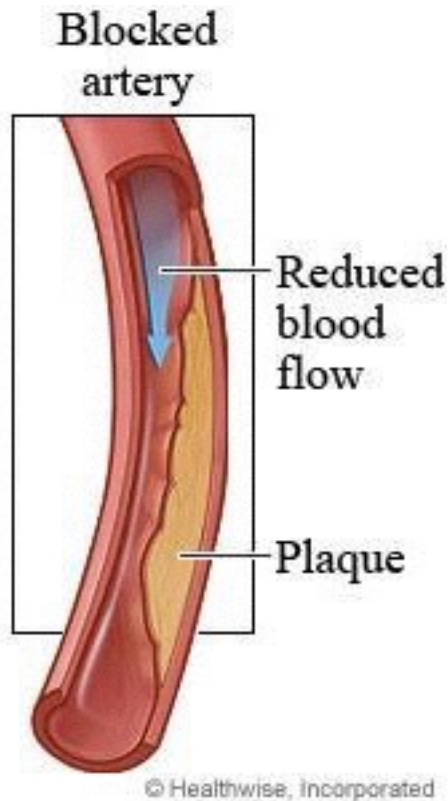
5. Getting your blood sugar to become more normal and helping prevent diabetes, hypoglycemia and hunger. It will help slow the cravings and put a stop to the junk food rollercoaster that many people ride every day.
6. Preventing your blood not to clot as easily. Clotting often results in strokes and heart attacks.

Don't these six possible keys to health all sound great?

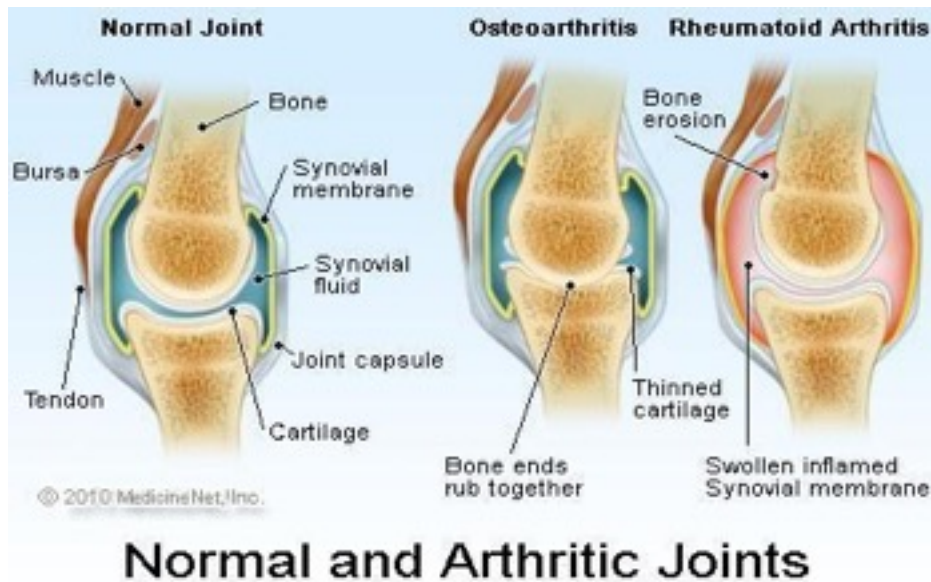
When consuming a meal that produces too much insulin to help lower your blood sugar, the body will produce the “-” (negative) eicosanoid response. A few examples of this type of meal is as follows:

1. Hamburger, French fries, ketchup and soda.
2. Pasta, salad and bread.
3. Pancakes, syrup, sausages, and toast.

These types of meals convert to sugar quickly. This requires a great deal of insulin to regulate the body's blood sugar and drive sugar into the cells. The excess insulin creates the “-” (negative) eicosanoid responses, which creates the following results:



1. Diminishes the volume of circulation from the arteries all the way to the capillaries. This isn't good to be happening in the body on a consistent basis.
2. Decreases the immune system, and in today's world of disease, this is not a good thing to be happening in the body.
3. Stores body fat (making us fatter), and stops using body fat for energy. By the way, have you noticed how fat our country has become? Obesity has become of epidemic proportion in our great country.
4. Creating inflammation to muscles, joints, organs and all tissues. Examples: arthritis, fibromyalgia and chronic fatigue syndrome are really on the rise in this country



5. A greater possibility of blood clotting. (Oh no, that doesn't sound good!)

Let's now talk about the balance that must exist between "+" (positive) and "-" (negative) eicosanoid responses. The body needs some "-" (negative) response in every reaction but not a great deal. The body definitely need more of the "+" (positive) eicosanoid responses. Here's an example: While cooking in the kitchen and you slip with the knife and cut your finger. Here comes the blood flowing, as it should. This is a "+" (positive) eicosanoid response. But the body needs some of the "-" (negative) eicosanoid to be produced to form a clot, so you won't continue to bleed. Too much "-" (negative) eicosanoid response is really not good, because it creates internal clotting that leads to organ problems, heart attacks, and strokes.

Clearly it is very important to produce the "+" (positive) eicosanoid response by controlling what you eat so the pancreas doesn't produce large amounts of insulin in your bloodstream.

Here are some key thoughts:

1. Plan your meals with the same importance of a prescription drug, or you will eventually be on prescription drugs because you didn't plan your meals.
2. You are what you eat.
3. There have been more graves dug with a fork than a shovel.
4. If you want your engine to perform you must give it the best fuel.
5. Let your food produce "+" (positive) eicosanoid responses not negative.

The more we learn about the five positive effects of healthy meal planning the more we can see that eating your way to health and Eicolife® is really the only way to go!

The more we learn about the five "–" (negative) eicosanoid responses from poor meal choices the more we can see how this translates to diabetes, obesity, blood pressure problems, arthritis, fibromyalgia, heart attacks, strokes and cancer.

Please begin to think about planning your meals better. I will show you in a later chapter how to do this and explain why you can just trust Eicolife® when you can't plan as you should.

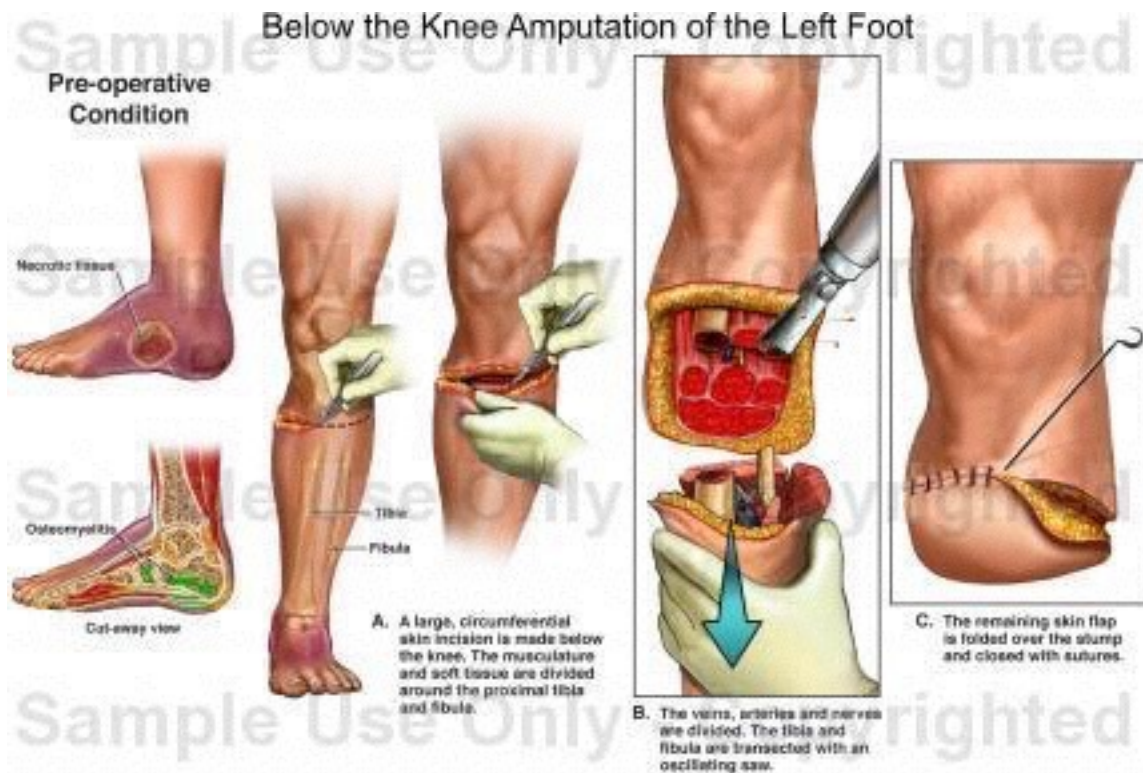
## **DIABETES: THE SILENT KILLER**

Diabetes is taking over our society and has become a silent predator. When we consider this dreaded disease we must take a serious look at the following facts: One third of our country has been diagnosed with diabetes and one third of our country has this disease and doesn't even know it. These people are the one third living in the insulin resistant period. This period translates up to 10 years before diagnosis of Type 2 Diabetes, and this means that half of our country is trying to deal with this silent predator.

A person with diabetes is someone who doesn't produce enough insulin to control his or her blood sugar. This type of diabetic is called a Type 1 Diabetic and that only amounts to 5% to 8% of all diabetics. That means 92 to 95 percent of all diabetics are Type 2. Type 2 diabetics produce more than enough insulin, but their cells are just not responsive to it. With Type 2 diabetes, both glucose levels and insulin levels build up in the bloodstream creating chaos and metabolic hell. Type 2 diabetics are the most costly people to our health care system, driving up insurance costs to everyone. Besides the additional insurance costs and hospital stays, long-term complications of diabetes include:

- Kidney problems and failure with dialysis.
- Diabetics are five times more likely to have heart attacks than normal patients.
- Type 2 diabetics are five to seven times more likely to have strokes and are more likely to die from these strokes than normal people.
- Higher rate of cataracts, glaucoma and blindness compared to normal people.
- Amputations are very common with Type 2 diabetics from foot to below the knee. (In my practice I have performed many foot amputations to try and save the legs from amputation. I work with vascular surgeons who bypass clogged arteries so that I can amputate parts of the foot, or a great portion of the foot to try and save the leg from later amputation).
- Type 2 diabetics are much more likely to develop infections from minor to severe cellulitis and possible septic infections (which are deadly body infections). Diabetics are much more prone to develop osteomyelitis (bone infection). This is a drastic situation for diabetics promoting amputations at a staggering rate.

\*\*\*\*\*IMAGE IS FPO\*\*\*\*\*



Why would you allow yourself become Type 2 diabetic? It is up to you to stop it, turn it around or never let yourself get to this point in the first place. I have found that most people's rational thinking about diabetes or "pre-diabetes" was very far from rational or the truth.

Many people have come to me and said, *"I am pre diabetic and I will just continue to eat like I want and my doctor will give me a pill to stop my sugar."* Or they will say *"I am diabetic and I will drink and eat as I see fit and just take more medicine to stop my sugar from going to high."* WOW! That makes no sense



at all. I say to them, *“Please think before you eat.”* The medicine that is prescribed to control blood sugar has so many side effects; just read the insert given with your prescription. Aside from the damage made by elevated blood sugar for any period of time, you also face the side effects from taking prescription medications. Many people think only about today and not about tomorrow. I always say, *“Manage your diabetes or it will manage you!”*

Now let’s stop and think, 95% of diabetes occurs because the body is producing too much insulin, or the cells are resistant to the insulin being produced. What does this tell us? Please don’t eat foods that cause the body to create more insulin. You already have too much. Remember what was discussed in the last chapter about what excess insulin does by producing the “-” (negative) eicosanoid response.

These negative responses are what a diabetic or pre diabetic needs to avoid:

1. Less blood flow to help nourish tissues, and fight disease.
2. Decreased immune system response, (helps to fight disease).
3. Obesity and fatigue.
4. Inflammation, arthritis, fibromyalgia, chronic fatigue syndrome.
5. Clotting of blood, which leads to more amputations, heart attack, and stroke.

The biggest mistake a diabetic can make is to say it will never happen to them. *“I will never have an amputation, be on dialysis, or lose my eyesight.”* Just remember diabetes is the silent predator. Please take control of your diabetes by taking control of your fork.

Type 1 diabetics must use insulin to reduce blood sugars. Doesn't it make sense to watch your diet so that your food selection doesn't convert to sugar, quickly creating the need for more insulin? This leads to producing more “-” (negative) eicosanoid response. Please choose meals carefully and be open to the ease and accuracy of Eicolife®.

# **HOW DO I CONTROL MY INSULIN LEVELS TO PRODUCE POSITIVE EICOSANOID RESPONSE?**

## **How Eicolife® Was Invented**

Simply controlling your diet will create more favorable conditions for better insulin levels. Researchers at Harvard Medical School and Dr. Barry Sears (author of the Zone books and meal plans) concluded that every meal and snack should be a balanced of proteins, fats and carbohydrates. The ratio that creates the most favorable conditions for insulin control is the following:

1. 40% carbohydrates (choices that don't rapidly stimulate the need for insulin) called lower glycemic carbohydrates. Please note the more fiber carbohydrates have, the less of a rapid breakdown to sugar they will have or the need for more insulin response.



2. 30% fats should be monounsaturated only. (Olive oil, avocados, almonds, grape seed oil and canola oil). Some people might think, “WOW, too much fat!” That’s because America has become fat-phobic. They are eating fewer fats, exercising more, and still becoming fatter and fatter. We need these types of fats at each meal or snack to stop the rapid release of insulin into the bloodstream. When there is less insulin in the bloodstream the body will burn body fat as a source of rapid and long energy, producing fat loss.

3. 30% proteins (Fish, egg whites, chicken, turkey, lean beef and pork, soy or tofu).

The formula for true insulin control: Equal amounts of proteins and carbohydrates with liberal amounts of monounsaturated fats added to each meal or snack. This slows down insulin’s rapid entry into the bloodstream.

When I had my practice in Dallas I suggested a simple but game changing diet to my patients with diabetes, circulatory problems, arthritis, elevated cholesterol and lipid profiles, kidney and heart problems. After four to six weeks

these patients came back with improved blood sugars, improved blood pressure, improved cholesterol and lipid profiles, as well as less fatigue. This translated into more active lifestyles with exercise programs. I thought to myself, “*Hey, this really works!*”

Here’s an example of this basic but powerful diet.

- **Breakfast:** three to four egg whites cooked in olive oil, half cup of barely cooked oatmeal (careful not to cook out the fiber), half an apple or ten to twelve blueberries.
- **Lunch:** Grilled chicken salad with tomatoes, cucumbers, onions with liberal amounts of olive oil and sprinkled with Parmesan cheese, and half an apple for dessert.
- **Dinner:** Grilled chicken, turkey burger patty, lean grilled steak or pork chop. Lots of broccoli, cauliflower, green beans or asparagus with olive oil on top and Parmesan cheese.

My patients weren’t hungry or on a carbohydrate roller coaster. But as we all know, people will go back to their old bad habits and after a while eat and drink what they want. So I knew I had to create something that people would do if they could not follow a meal plan. This is how I came up with Eicolife®.

In 2006 I decided to stop my practice and pursue making a product that could stop excessive insulin production and help people better control their diabetes, poor circulation, arthritis, inflammation, and fatigue. It took me six years to develop this product and I hope my product will help generally poor diets and get people back on the right track to better health and exercise. In all my years of surgery and amputations, I was able to see that I could help more by trying to create a product like Eicolife® than anything I could accomplish in the operating room.

## WHAT IS EICOLIFE?

Eicolife® is basically 33 1/3 protein (whey or soy), 33 1/3 monounsaturated fat (mostly olive oil and Mediterranean oils) and 33 1/3 carbohydrates (mostly low glycemic fibers) combined into a powder form. It tastes great and is easy to substitute for one or two meals per day. Do you know how difficult it is to get that much Mediterranean monounsaturated fats into a powder that won't become mush or rancid? With the help of a master formulator and blender, I finally did it. Now you have a choice!



Remember, when planning meals, make sure not to overcook carbohydrates so you don't burn off the fiber. Choose good protein sources and don't be afraid of the good fats or just use Eicolife® twice daily as meal substitutes.

# **WHY ARE WE SO AFRAID OF FATS**

## **Accepting and Understanding Why We Are So Afraid of Fats**

I feel the reason that America has become so afraid of fats is because of the cholesterol scare of the late 70s, 80s and 90s, and the post millennium area of medicine. Today there is fat-free everything. Why is it that we are so fat phobic and we exercise so much in this country, yet we are becoming fatter?

Moderate obesity (ten to twenty pounds overweight) has remained the same since the 1960s. Statistics alienate 8 – 10% of the population. Severe obesity (twenty to fifty pounds overweight) has increased from 5 – 8% in approximately 35% of our population. WOW this is scary, our country is really obese. I don't believe low fat diets are working, do you? More people need to simply understand the important role that fats play into our overall health.

The true picture of why our country is so overweight is because of the large amounts of poor carbohydrate selections in our diet. This forces insulin into our bloodstream at a staggering rate, causing us to store body fats instead of burning it.

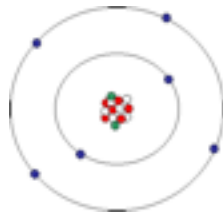


**Here are the three types of fats:**

1. Polyunsaturated
2. Saturated
3. Monounsaturated

Here is a small chemistry course: Fats are basically made up of eighteen carbon atoms with bonds that hold them together (single and double bond).

**CARBON ATOM**



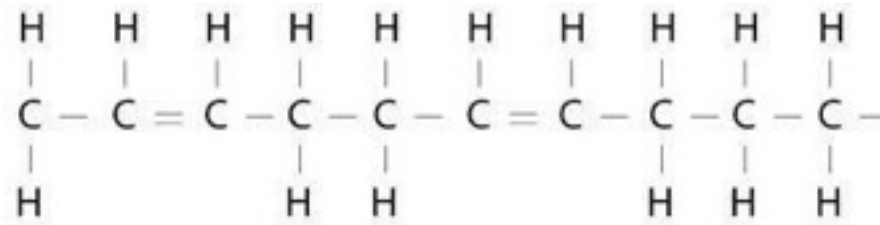
**CARBON ATOM WITH DOUBLE BOND**



These atoms have six sites for joining other molecules to make these atoms complete or incomplete.

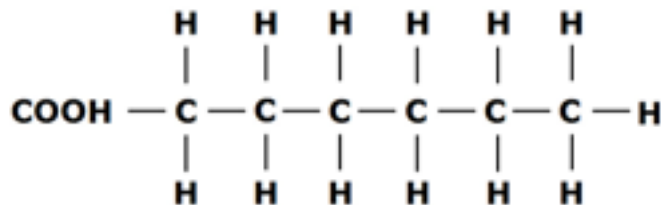
Three types of fats:

### POLYUNSATURATED FATS



Polyunsaturated fats are not filled. These fats are unstable and seek other fat molecules to fill their unfulfilled bonds. This makes other fat molecules unstable and are called free radicals. For example, corn oil, sunflower, safflower, palm oil and coconut oil. Many theories of cancer are based on excessive free radicals. So it is best to use these fats in moderation.

### SATURATED FATS



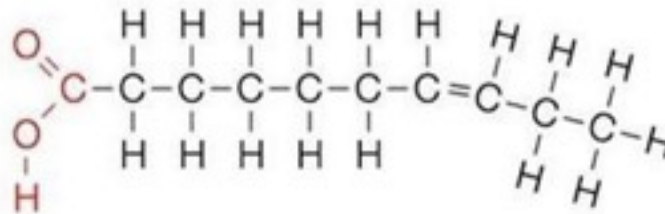
All of these bonds are filled. Examples are butter, beef and pork fat, dairy fat, whole milk and cheese. These fats have completely filled bond arrangements, making them very heavy so they fall out of circulation hitting the inner lining of the arteries and causing damage and bleeding to the inner surface of the artery.

Calcium then migrates to these injured artery area building up a healing plug which narrows the artery.

This process does not occur overnight. It takes years, causing narrowing of the arteries to important areas like the legs and the heart, later requiring bypass surgery to correct the condition.

The fats listed above should be used in moderation. Remember, your arteries don't become narrow overnight; it takes many years for this to occur.

### **MONOUNSATURATED FATS**



Monounsaturated fats have only 1 bond that is not filled. These are very chemically stable fats. These monounsaturated fats don't seek other fats to fill up their atoms and are not heavy and don't fall out of the circulation. These monounsaturated fats do not affect the eicosanoids one way or another. They are eicosanoid neutral; they don't produce more "+" (positive) or "-" (negative) eicosanoids.

What they do is that they don't allow Insulin to enter the bloodstream rapidly to cause the "-" (negative) eicosanoid response, which helps keep arteries

open. The good news is that they don't affect eicosanoids either way, and they won't make you fatter no matter how much you consume. They help you burn your fats. Isn't that cool? Examples of these fats are olive oil, grape seed oil, avocados, almonds and almond oil. These fats cost a little more but they are well worth it.

So remember when planning meals to use olive oil, vegetables, meats, or use half an avocado or a handful of almonds at each meal or snack. Don't be afraid of these fats, just be selective. It is your life and you have a choice.

## THE ABC OF DISEASES

When I talk about disease I like to think of it as A, B, or C. Dr. Barry Sears explained this to me years ago, and I was able to study it in my practice and see how this really makes sense.

### **Let's define A, B, and C:**

(A) You are well and have no disease. Everything is working perfectly, and life is good. Wow, don't we all want to be here?

(C) You have a disease. Example: Diabetes, heart disease, narrowing of the arteries, stroke, pulmonary disease, kidney disease, depression, cancer. Oh no. None of us wants this, and we would give anything to get rid of them. This is where medicine is now, fighting a disease, never really curing a disease. Maybe placing it in a re-missionary phase, or just controlling it with medications that produce more and more side effects.

What happened to B? Here it is.

The B period can last for many, many years. For example: With diabetes one can be in insulin resistance for up to 10 years before diagnosis of Type 2 diabetes. But during this period of 10 years the doctor says your sugar is high, and to just keep an eye on it. Well let me tell you, during those two to ten years of pre diabetes the disease is going on as if you had the full blown diagnosis of Type 2 diabetes affecting to your kidneys, eyes, blood vessels, immune system, and neurological

system. When you finally get diagnosed you are five to ten years behind, and man, that is scary.

Disease doesn't occur overnight. It takes time to develop. During the (B) time (silent inflammatory), you won't feel right and will seek all types of help and consult, physician after physician, never getting any clear cut answers.

Let's take cancer for example. For two through X amount of years you won't feel right. Maybe you have been told that you are depressed, B12 deficient, iron deficient, have chronic fatigue, fibromyalgia, early arthritis, or possible collagen disorders.

Then you might really start to hurt in areas, find blood in your stool or urine, and then the doctor finally finds something like a tumor. What happens next is you start chemotherapy, radiation and possible surgery to set you from (C) (the disease), to hopefully (B) and not death, but it's just really in remission.

Now let's think about all the side effects of chemotherapy, radiation and surgery.

Do you think that just disappears? No! The side effects of chemo and radiation cause the normal things that were in (A) to now move to (B) because of chemo and radiation. This may be saving your life but actually making you sicker at the same time. This starts the disease process for other diseases to now take hold in the silent phase. WOW, wouldn't it be great to go from (C) to (A) again?

Some diseases can be brought back to (A) but it takes control of your eicosanoids to ever obtain true health again. Remember they are on every cell, controlling virtually every function from circulation, immunity, and the key word inflammation. Think, think, think, you are what you eat or drink. Please choose carefully.

Everyone is going to die from something, but my definition of longevity (living longer) is extending your life but with a quality of life in those extra years. You make the choice, do you really enjoy your life at 90 in a wheelchair having lots of medication and wearing diapers and being assisted at most level of life, or would you like to be 90 with complete awareness, walking daily, playing golf or tennis, being with your grandchildren enjoying their lives as well? I know my choice. Let's try to stay in (A) and let's help the things that are in (B) go back to (A), never go to (C).

## **HOW DO WE SLOW DOWN THE AGING CLOCK?**

When we reach our 40's and 50's that seems to be the time when we all want to stop the birthdays, and slow down the dreaded word, AGING!!! Throughout time everyone has reached to find some miraculous way to slow down this dreaded fact of life.

Ponce De Leon thought he found the fountain of youth, but to no avail, it was not in something we drink. The world spends billions a year on creams, masks, Botox injection, and face lifts and tucks to try and regain what we once had. But I have some good news; I believe it could all be as simple as how we plan our meals.

Aging is simply a miscommunication among our hormonal systems. It is a fact, as we get older our Endocrine Hormones (we discussed in previous chapter) drop off in numbers. Hormones for men such as testosterone, growth hormone, pituitary, and thyroid drop off in numbers. These are Endocrine Hormones that come from a gland or organ and travel in the bloodstream to specific areas of the body.

For females, estrogen, progesterone, growth hormones, and thyroid are quite important for aging. For both men and women these endocrine hormones drop off in numbers. Example: males use to have 2000 circulating testosterone hormones (this is just a number we are using for an example). Now at sixty you may only



have 500. It is important for these 500 to be able to talk to each other better than when we had 2000. For females, it's the same for estrogen and progesterone. They must talk to each other better.

Think of it this way, if you are going to battle and you have only 500 soldiers, they must stick together to defeat the enemy as compared to when they had 2000 soldiers. Please note, there is only one endocrine hormone that increases with age, guess which one? Answer: Insulin. Uh, oh, that is not good. This is the hormone we really don't want to see increase and hope to limit its production.

Almost all centers of anti-aging agree that too much insulin is the #1 factor in aging, followed by blood sugars that remain high or are inconsistent. This again is related to too much insulin or insulin resistance.

The number three factor of aging is too many free radicals. We explained what free radicals were in fats, but when studying to find out how we get too many free radicals, here are some of the answers we would find:

1. Second hand smoke
2. Smoking cigarettes
3. Exhaust fumes
4. Pollution
5. Ozone layers

6. Bad fats

7. Crowded rooms

8. Stress

All of these are correct but the 2 biggest causes of free radicals are not on this list. The number one cause is fighting a disease, which requires a lot of energy for they body's system mobilize it's defenses. Examples are diabetes, blood pressure, cancer, and infections.

The number 2 cause of free radicals is digesting food. How is that possible? First the food needs to be chewed. Then the stomach must churn it with the production of digestive enzymes. Next you have involvement by your gallbladder, liver, and pancreas. After that the small intestines have to move the food and add enzymes and bile. Next the large intestine must reabsorb water, and eliminate your waste. That is a lot of work and I'll bet you never thought of the digestive process this way. But just like fighting a disease, it takes a lot of energy to digest food and that energy source is called ATP. ATP has to be made from oxygen. Much of the oxygen molecules are not fully used producing excessive and highly reactive free radicals.

So what can we do every day to slow down the aging clock?

1. Watch what we eat, so our body doesn't produce too much insulin in our blood stream.
2. Keep our blood sugar consistent, with levels never too high or too low.
3. Try not to get a major disease.
4. Try not to eat too much.

I believe the Okinawan people live to be the oldest in the world. Their diet for males is only 1,500 calories per day and females about 1,200 calories per day. A person can have a lot of fish and vegetables and still not consume 1500 calories per day. So choose meals carefully, and use Eicolife® for one or two meals daily.

Eicolife® is balanced and it has only 200 calories per serving.

Again, what you eat can cause disease or stop it. It can also accelerate aging, or slow it down.

Ponce De Leon did not have to find a source of water as the fountain of youth. He just needed to use his fork the right way and not dig his grave with it.

## **THE THREE-STEP WELLNESS PLAN TO HEALTH**

There are three simple things you can do to start feeling better and be on the road to health and happiness. It isn't hard and it is totally up to you. You are the boss, the captain of your ship, and the quarterback of your life. All you need to do is think and make wise choices.

You might have to give up some poor choices, but look what you might be able to gain. You are not losing much, but gaining everything. In my practice, I saw many patients who had poor circulation, gangrene, and diabetes. These patients needed to have an immediate bypass by vascular surgeon and amputations of part or half the foot to not become gravely ill, lose their leg, or possibly die.

When I asked these patients if they would consider changing their diets and lifestyles, they were all more than ready to change. Please don't let yourself get to this particular place in life, when these types of decisions have to be made by you, and your life becomes comprised.

### **WHAT ARE THE THREE STEPS?**

1. Meal planning to control excessive insulin production and produce the "+" (positive) eicosanoid response.

2. Use Eicolife® once or twice daily to correct insulin levels, together with balanced meals.
3. Start an exercise program. You will feel better once your insulin levels are under control.

## **LET'S DESCRIBE THE THREE**

### **1. Meal planning:**

Remember the eicosanoid chapter about the "+" positive eicosanoid production? The body needs to have equal protein and carbohydrates at each meal, but choose carbohydrates carefully. The body also needs monounsaturated fats to slow down rapid entry of insulin into the bloodstream to produce "+" positive eicosanoid effects.

I suggest to my patients and readers to have Eicolife® for breakfast, choose lunch carefully, have Eicolife® three hours after lunch, and then choose dinner carefully. But not everyone wants to do it that way.

Some people really like to have breakfast so let's talk about breakfast. If Eicolife® isn't the first choice, my suggested alternative would be:

## **BREAKFAST:**

1. Egg white omelet with three to four egg whites scrambled with cheese and cooked in olive oil. Small cup of oatmeal (not cooked long, still some crunch) and eight to ten blueberries.
2. A cup of cottage cheese or plain yogurt with blueberries, blackberries or ½ an apple with walnuts or ten almonds for fat.
3. Egg white omelet or egg whites as desired cooked in olive oil, ½ a pancake with non-sugar syrup.

## **LUNCH:**

1. Grilled chicken salad with these types of added vegetables: tomatoes, cucumbers, onions, peppers, celery, small amount of raw carrots, radishes, all garnished with olive oil and sprinkle with parmesan cheese
2. Grilled chicken sandwich with only 1 piece of whole wheat bread, no mayonnaise, add ½ avocado, or ten to twelve almonds for fat, with celery sticks and tomatoes.
3. Grilled chicken breast, turkey burger, or grilled or baked fish with salad or green vegetables with olive oil on salad and vegetables. If choosing not to use olive oil, add half of an avocado or ten to twelve almonds for fats.

## **DINNER:**

1. Grilled or baked chicken or fish, turkey or chicken burgers, lean beef or pork.

Lots of vegetables (don't cook them too long because the fiber can be cooked out). Examples are broccoli, cauliflower, asparagus, green beans, kale, Swiss chard, collard greens, and spinach. Add some olive oil on these vegetables with Parmesan cheese. If not olive oil then have ½ avocado or ten to twelve almonds for fat. If you have to have a potato, have half a baked potato with olive oil and Parmesan cheese on top or try additional toppings, like non-fat plain yogurt or cottage cheese on top of the potato. This is really good, trust me.

## **SNACKS:**

1. Dry roasted peanuts and ½ apple
2. Almonds and ½ orange
3. Walnuts and ½ apple
4. Yogurt, blueberries, almonds or walnuts
5. Cottage cheese with blueberries, apple and almonds

Why do we suggest the fats? Because olive oil, avocado, almonds, slow down insulin entry into the bloodstream.

## THINGS TO AVOID:

1. Chips: All varieties. Especially corn and potato chips.
2. Bread: In small amounts. Ok to dip in olive oil if you must have bread.
3. Pasta: Very small amounts. (It's a concentrated insulin stimulator). It doesn't matter if it is whole wheat; the insulin response is the same.
4. Potatoes: Very small amounts. Absolutely no French fries.
5. Rice: Avoid, unless you use whole grain that is barely cooked. You need the fiber to slow insulin down. White rice has no fiber.
6. Don't use margarine. Corn oils and butter in very small amounts. Not too much sunflower or safflower oil.
7. Please no ice cream, pudding, cobblers, pies, and cakes. It is ok to have low fat or non-fat frozen yogurt in small amounts with almonds on top.
8. Please no candy bars, cookies, and pies – this one probably hurts you a lot to read and you may ask, "*Are you serious*"? ANSWER: Is an amputation serious? How about a heart attack or stroke, are those conditions serious? After cleaning up your diet, you will not crave these types of desserts in the future.
9. Choose health bars carefully. Read the label; is it close to 30/40/30 ratio (is it equally balanced)? Granola bars are very rarely good.
10. Avoid corn and corn products.



11. Limit tortilla to  $\frac{1}{2}$  per meal.

### 3. Exercise



You may say, “*Oh no, please don’t make me exercise.*” After slowing down your insulin by improving your diet exercise programs will feel right for your body. Most of my patients say once they have cleaned up their diet exercise gives them a feeling of accomplishment and it becomes a very healthy addiction.

When they have reduced the circulating insulin in the blood stream they seem to have so much more energy. Remember when limiting insulin, you allow your body to burn fat instead of storing it. Burning of fats produces the most intense energy that lasts for long periods of time. Burning carbohydrates is short and expels quickly because insulin must knock the elevated blood sugar that’s been created. I really flip out when I see professional and amateur athletes consume high

sugar drinks during athletic activities. This is a perfect example of a carbohydrate roller coaster.

When you have more energy, exercise just seems right. But remember when starting an exercise program you are already a winner. If you set a goal to walk 30 minutes a day and you reach it, you're a winner. You don't have to have a record time to be a winner. When I ran my first 5K (3.2 miles) at 36 minutes I was in the last bunch to finish, but they told me I was a winner because I did it. Whatever goal you set, swimming, running, volleyball, walking, 18 holes of golf, hiking, walking a mountain trail, you are a winner!

For the best results, set goals to achieve these values. It may take weeks or months but you can do it.

1. Walking for 45 minutes a day five to six days a week
2. Running for 30 minutes a day at any pace five to six days a week
3. Swimming for 20-30 minutes five to six days a week
4. Riding a bike for 40 minutes five to six days a week

Exercise becomes such an addiction; you may actually get very upset if you don't exercise as planned. And remember you are a winner for trying. No one laughs at someone who tries to be healthy.

Remember:

1. Exercise brings down blood sugar (for all pre diabetics, diabetics and insulin resistant patients).
2. It helps lower cholesterol, LDL, and triglycerides and raises HDL levels.
3. It helps burn body fat especially when you are in "+" positive eicosanoid mode.
4. It aids in better sleep at night.
5. It helps with depression and anxiety.

Exercise will really help you feel better about yourself.

**COME ON, LET'S TRY!**

## **CAN WE MEASURE OUR EICOSANOIDS LEVEL?**

There is no clear way to measure our eicosanoids. But how can that be possible? If you remember the chapter on eicosanoids, you'll remember that these hormones do not travel in the blood stream. They communicate from cell to cell; they are apocrine hormones (cellular internet.) Therefore you can't draw blood and measure these super hormones. The good news is that you can determine if you are producing good or bad (positive or negative) by certain indicators. There are also blood tests that can determine the production of too much insulin, as well as increased or decreased chances of stroke or heart attack. We will discuss each.

First let us discuss the indicators for producing "+" (positive) eicosanoids.

1. Upon awakening you experience less time for grogginess and feel ready to get started with a new day.
2. If you are diabetic, pre diabetic or insulin resistant, you start to see your blood sugars better in the morning and throughout the day.
3. You notice that you have faster hair growth with more hair strength.
4. You notice that your fingernails grow faster and are definitely stronger.
5. You see that your craving for carbohydrates (unfavorable "junk food") has decreased.

6. You notice that your hands and feet start to feel warmer and more comfortable.
7. You will start to produce more flatulence or gas.
8. If you notice your stools, they will start to float more than just sinking to the bottom of the commode.
9. You will feel the need to try and exercise or just more energy.

There are ways to determine your risk for stroke and heart attack and determine the amount of circulating insulin in your bloodstream. How do you do this? Just pull out the most current labs from your doctor and look at two values. These values are:

1. Triglycerides
2. HDL

Take your triglycerides and divide them by your HDL. Example:

Let's say that your triglycerides are 150 and your HDL is 50.

(HDL)  $50/150 = 3.0$  value

Let us say your triglycerides are 120 and your HDL is 52.

$52/120 = 2.3$  value

Let us say your triglycerides are 600 and your HDL is 40.

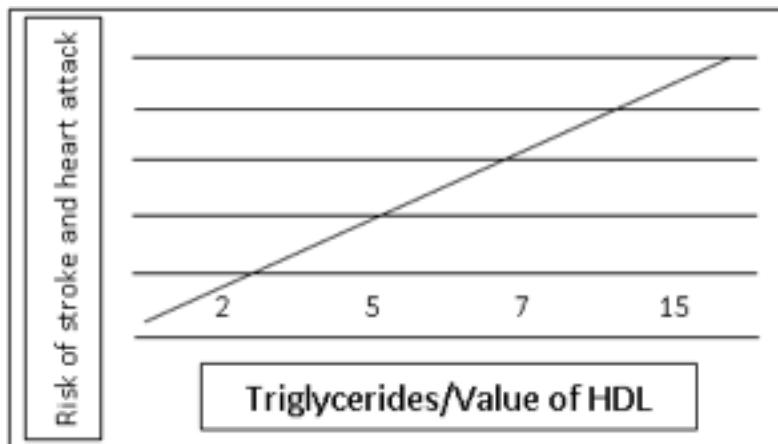
40/600 = 15 value

Now let's look at these three values and understand what they mean.

A value of two or less equals a very little risk for heart attack.

A value of five to seven equals a risk of heart attack or stroke.

A value of ten to twenty equals a very high risk of heart attack or stroke.



I have always seen that those with low levels of triglycerides/HDL also have low levels of circulating insulin in their bloodstream. Conversely, I have always seen that patients who have high levels of triglycerides/HDL also have high levels of circulating insulin in their blood streams.

*Note: Circulating insulin in the blood stream can be measured by a blood test that is very expensive, and usually not performed on routine*

*blood. profiles. You can simply determine this by the calculation of your triglycerides/HDL levels almost always found on a routine blood test.*

Now that you have an idea of how to visualize your cardiac risk profile and stroke risk profile, please choose meals carefully or use Eicolife to try and help control the amounts of circulating insulin in the blood stream. Remember to never put yourself in the high risk profile with unwise choices, and if you have already had a heart attack or stroke, change your lifestyle to avoid having another episode of either. Take control of your life, it is all up to you.

# FAVORABLE AND UNFAVORABLE FOOD SELECTIONS

## Favorable Carbohydrates

### Cooked vegetables

Artichoke

Asparagus

Beans, black (canned)

Beans, green or wax

Bok Choy

Brussels sprouts

Cabbage

Cauliflower

Collard greens

Eggplant

Kale

Lentils

Mushrooms (boiled)

Okra (sliced)

Onions (boiled)

Sauerkraut

Spinach

Swiss chard

Turnip (mashed)

Turnip greens

Yellow squash

Zucchini

### Raw vegetables

Bean sprouts

Broccoli

Cabbage (shredded)

Cauliflower

Celery (sliced)

Cucumber

Green peppers

Iceberg lettuce

Romaine lettuce

Mushrooms

Radishes

Snow peas

Spinach

### Fruits

Apple

Apricots

Blackberries

Cantaloupe

Cherries

Grapes

Honeydew melon

Lime

Nectarine

Orange

Peach

Pear

Plum

Raspberries



Kiwi

Strawberries

Lemon

Watermelon

### **Grains**

Oatmeal (cooked slowly)

## **UNFAVORABLE CARBOHYDRATES**

### **Cooked vegetables**

Acorn Squash

Baked beans

Beets (sliced)

Butternut squash

Carrots

Corn

Lima beans

Parsnip

Potato (baked, boiled or mashed)

Sweet potato (mashed)

### **Fruit**

Banana

Cranberries

Cranberry sauce

Dates

Fig

Mango (sliced)

Prunes

Raisins

### **Fruit juices**

Tomato juice

V-8 juice

### **Grains and Breads**

Bagel

Biscuit

Whole grain bread

White bread

Bread crumbs

Breadstick

Buckwheat (dry)

Cereal (dry)

Cornbread

Croissant (plain)

Crouton

Blueberry muffins

Egg noodles

Pancake

Pasta

Pita bread

Popcorn (popped)

Rice (white and brown)

Rice cake

Dinner roll

Taco shell

Flour tortilla

Donut  
English muffin  
Granola

Tortilla chip  
Waffle

**Others**

BBQ sauce  
Catsup  
Cocktail sauce  
Honey  
Ice cream (premium and regular)  
Jam or jelly  
Molasses  
Plum sauce

Potato chips  
Pretzels  
Relish/pickles  
Sugar (granulated)  
Syrup (maple)  
Pancake syrup  
Teriyaki sauce

**Fat**

Best choice (rich in monounsaturated fat)

Almond butter  
Almonds  
Avocado  
Canola oil  
Guacamole  
Macadamia nuts

Olive oil  
Olive oil and vinegar dressing  
Olives  
Peanut butter (natural)  
Peanut oil  
Peanuts

**Fair choice (low in saturated fat)**

Mayonnaise (regular and light)  
Sesame oil  
Soybean oil  
Walnuts

**Poor choice (rich in saturated fat)**

Bacon bits (imitation)  
Butter  
Cream  
Cream cheese (regular and light)

Cream cheese (regular and light)  
Lard  
Sour cream (regular and light)  
Vegetable shortening Lard

## **EICOLIFE® TESTIMONIALS**

“My name is Cyndi. I am 61 years old and I was a registered nurse for 35 years. I have always believed in approaching health problems the traditional way, with doctors and medicine. I have always been a skeptic when people talk to me about vitamins and nutrition. I have cabinets full of vitamins and it never seemed to make a difference, so when I met Dr. Sterling Wood, I was not initially very interested nor did I believe his powder would work.

In 1974 I was in a car accident and broke both of my legs. Due to the accident, I suffer from arthritis and inflammation in both knees, and now my hip.

About a year ago, after going through every test the doctors could think of, I was finally diagnosed with Scleroderma, an autoimmune disease which has attacked my mouth and entire digestive system causing inflammation and making me miserable for the last two years. I was beginning to believe that this was just going to be my new “quality of life,” and am very grateful that there was something that I could do to change it.

Dr. Wood stopped by my place of business and took one look at me and told me I looked terrible. He began once again to tell me to start drinking Eicolife® and follow a simple eating plan that he prepared for me. To my surprise within 1-½ weeks of following Dr. Wood’s suggestions, my hip pain was gone, my knees are better, I move better and I have energy. Normally on my day off I sleep because I

am so miserable, but last weekend I woke up early feeling great and took my dog for a walk at 7:30 am!

My digestive system has greatly improved and as a bonus, I have lost weight without “dieting”. Eicolife makes me feel full and I feel satisfied! I almost have to force myself to eat. I will continue with Eicolife and Dr. Wood’s recommendations.

Thanks to Dr. Wood for Eicolife and for being there to urge me to try it and help me change my eating habits. I got my life back with Eicolife and I never want to be without it!”

- Cyndie

“My name is Patricia, I met Doctor Wood by chance at Chrysler dealership. As he was discussing his experience with diabetics and Eicolife, I decided to try his product.

Before Eicolife I was a type two diabetic, discovered about 10 years ago. I was prescribed Metform 40 mg 1 time a day and I took Novalog shot as follows: twelve in the morning fourteen in the afternoon and ten in the evening. My morning sugar was on average 135. I drag in the morning; I had no energy and had to push myself to do anything.

My left ankle was swollen in the morning and by evening my whole left leg was swollen and numb as though my leg is asleep and it was very painful. I had pain in the bottom of my foot and would continually stomp my foot trying to offset the pain.

After one week of Eicolife I was able to discontinue my 40 mg of Metform. I feel really good, I have energy, I wake up at four am and do my laundry, go shopping, clean my house. There is no more swelling or pain in my left leg. It is completely gone.

My blood sugars are averaging 97 in the morning and no higher than 101. People are noticing a difference in my skin. I look healthier and feel wonderful. I am so excited to have found Eicolife. I look forward to continuing this product and good eating habits to continue to get results and lower medications as my blood sugar continues to become normal.”

- Ms. Scott

“Dear Dr. Wood, I just wanted to thank you for all of your help. My Doctor was amazed! On my last visit to the doctor I had just recently been released from the hospital with extreme pain in my appendages. Within a week of taking your supplement I was able to experience less pain throughout my body. I no longer need assistance to walk. As you can see according to the above chart, my sugar

levels have balanced out & my Doctor wanted me to let you know, that your supplement truly works & I have been taken off of 3 of my medications. Not only am I going to continue your supplement, I have advertised you so much that I have recruited 3 new customers!!! Thank you & God Bless!!!”

- Hopie

“I am a seventy-seven year old man and for the last twenty years of my life, I have been very overweight and my high blood pressure was greatly out of control. The doctor’s years had tried all types of medications to get my blood pressure under control, but nothing worked for me.

Then about three months ago, Dr. Sterling Wood came into a store where I worked and he introduced me to Eicolife. I started using the product immediately, and within one week I had lost ten pounds. This product surely works.

I was a diabetic on three types of medications. The next time I saw my doctor, he said that my glucose reading was so low that he took me off all my medicine. During my first three months of taking Eicolife, I have lost forty-five pounds. I am a new man! Hopefully, because of this product I will live to be one hundred years old.”

- Rocky R.

“I had Chronic Obstructive Disease from working in smoke-filled casinos for twenty years. My doctor gave me numerous medications and I saw him every month, but nothing was working.

Then I started taking the Eicolife and immediately had more energy and felt much better. My doctor recently asked me to take a CT scan. When I went to take the CT scan and they told me they needed new blood work. When my doctor read the results, he was so happy and put his arms around me and gave me a big hug. He said all the tissues in my lungs had no more abnormalities. It was amazing, and all thanks to Eicolife.”

~ Betsy

“Dear Dr. Wood, I wanted to thank you personally for inventing Eicolife. As you know I am a disabled Viet-Nam Marine and the Agent Orange in my blood has caused me many problems, one being Diabetes. At the start of my use of Eicolife I was taking oral and injecting insulin. I had been on pills two times a day and injections four times a day. My doses were 70 units ML for long lasting and 15 units ML three times a day for a total of 115 units ML injections and two sets of pills twice a day.

Since starting Eicolife about sixty days ago, my weight has gone from 340 lbs. down to 295 lbs. and I am still losing. I have had Diabetes for over twenty



years and have not been able to control my blood sugars ever with diet and medication. I can tell you that because of your drink I am controlling my levels and reducing my insulin use down to only 15 units ML, with one injection per day along with my oral medication.

My dream for me is to lose all the weight and stop the medication. I will continue to use your product and rid myself of all the medication as it has also helped with all of the other problems like my cholesterol and lowered my blood pressure. Again from the bottom of my heart and I speak for myself and my family  
Thank You. Semper Fi”

~ Gus Z.

“I am a sixty eight year old retired schoolteacher, who became diabetic twelve years ago. When I was diagnosed with the disease, the doctor started me on multiple diabetic pills. Then about three years ago, my doctor told me that my pancreas was not producing enough insulin. This was the most devastating thing that had happen in my life. I had to change my lifestyle completely.

But then about three months ago I was introduced to Dr. Sterling Wood who gave me a sample of the product. Now I can gladly thank god and Dr. Wood for the changes this product has made in my life. I have benefited from talking this product in the following ways:

1. I no longer take insulin four times a day. I only take 30 units once a day.
2. My glucose readings went from the three hundreds to a low one hundreds, I hope to stop my insulin altogether soon.
3. Eicolife Nutritional Powder Mix has even helped me lose weight. Within a few weeks I have lost seven pounds.
4. Eicolife has even helped with my arthritis pain in both my shoulders. Since taking the product the pain just disappeared.

If you are not an Eicolife customer you need to become one today! This product will open the door to a healthy new lifestyle. It has become my best friend. If you are having problems with your blood sugar levels, circulation, immune system, body fat, or even joint and muscle pains take Eicolife!”

~ Catherine B.



“Dr. Wood, on June 20<sup>th</sup> Kevin went to the emergency room because his right foot was swollen and extremely painful. When he got to the emergency room

they told him he had a severe infection in his foot, which also caused his blood sugar to soar into the high 400's. He was admitted right away and put on a few antibiotics intravenously.

He remained in the hospital for two weeks. During that time the doctor informed him that his infection was so severe that they were going to amputate his foot. They waited a few more days and thankfully the antibiotic began to help the infection and after an MRI they decided not to amputate. Upon release from the hospital they told Kevin he would need to go to a wound care specialist and it would take approximately six months to heal.

The picture above was taken after one week of release from the hospital. There didn't seem to be much hope and Kevin was completely bed bound as it hurt to even walk to the bathroom with the pain in his foot.

I introduced Kevin to Eicolife and put him in contact with Dr. Wood. Kevin began to drink two shakes a day of the Eicolife Whey product. He began to see immediate results in the healing process of his foot. The wound began closing up and the tissue was being restored and the circulation in his foot became better. After eight days the second picture was taken. It is absolutely astounding how quickly Eicolife gave Kevin's body the ability to fight this infection and recover his foot. We are both are very grateful that they found Eicolife.”

~ Sarah

“Dear Dr. Wood, I hope all is well. I wanted to let you know about my latest blood results for my diabetes. The A1C test is a blood test my doctor uses to determine my average levels of blood glucose, also called blood sugar, over the past 3 months. My A1C is 5.4%. Below 5.7% is a “normal” reading. From 5.7% to 6.4% is pre-diabetes and 6.4% and above indicates diabetes. This is the lowest reading I have had in five years. In addition, I have lost another 10 pounds since I saw you in Las Vegas. I attribute these results to Eicolife and a change in my diet. I would be interested to hear about the results your friends are experiencing from taking Eicolife.

~ Mike

## CONCLUSION

Thank you for spending the time reading my book. I am most honored that you took your time to complete this. Please try to follow what you learned. It is almost like magic how your life will change and you will start to feel like your old self. Please keep moving in this positive way.

I feel that reduction of excessive insulin is the single most important thing you can do for yourself to renew your health. There is nothing more important than your health. I know you would give anything to get it back when you are in trouble, but sometimes you cannot. Please don't get to that dangerous cross road in life, take the other highway to health.

### **REMEMBER:**

1. Do not feel bad about ordering healthy at any restaurant, they will respect you.
2. Make the right choices at the grocery store or convenience store.
3. Please try to use Eicolife™ once or twice daily.

In closing, Eicolife™ Corporation really cares about every single person in this world and we would love to hear your comments about our products and results.

Please feel free to email us at [info@eicolife.com](mailto:info@eicolife.com)

One person at a time, getting better helps the world to be a better place.

Thank you and God bless,

Dr. Sterling C. Wood

## **EICOLIFE FREQUENTLY ASKED QUESTIONS (WEBSITE)**

### **1. Does Eicolife contain caffeine?**

Eicolife does not contain caffeine or any caffeine derivatives. You can consume beverages that have caffeine after using Eicolife with no noticeable side effects. Eicolife is engineered to help promote the burning of your own body fat, which is the best source of natural energy.

### **2. How often should I drink Eicolife?**

It is best recommended twice daily in early a.m. upon awakening and three hours after lunch.

### **3. Where can I buy Eicolife?**

You can purchase Eicolife at [Eicolife.com](http://Eicolife.com) and Amazon

### **4. Does Eicolife contain artificial sweeteners?**

No, Eicolife is sweetened with Stevia.

### **5. Does Eicolife contain hormones?**

No, Eicolife does not contain hormones.

### **6. Is Eicolife gluten-free?**

Yes, Eicolife is gluten-free.

### **7. Does Eicolife contain tree nuts?**

Eicolife does not contain tree nuts.

**8. What protein sources are used in Eicolife?**

Eicolife uses the best whey protein, whey protein isolates and for Vegans, soy proteins.

**9. Can I mix fruits with Eicolife?**

Yes, you can mix small amounts of fruits such as blueberries, blackberries, apples, and oranges.



**10.What are Eicolipids and Eicofibers?**

Eicolipids are proprietary blends of Mediterranean fat sources such as olive, avocado and grape seed oil. Eicofibers are proprietary soluble and insoluble fibers.

**11.How long does it take for me to feel and see the difference in my blood sugar?**

This varies from individual to individual, some seen results in one – two weeks others one month or longer.

**12.Does Eicolife contain dairy?**

Yes, Eicolife has whey protein and whey protein isolates, which are a form of dairy. The vegan formula does not contain dairy.

**13.Is Eicolife only for those with ailments?**

No, it is for everyone who seeks a healthier lifestyle.

**14.If I have hypoglycemia, can I use Eicolife?**

Yes, you may use Eicolife because Eicolife attempts to reduce insulin, the cause of reactive hypoglycemia.

**REFERENCE:**

The Nobel Prize in Physiology or Medicine 1982". *Nobelprize.org*. Nobel Media AB 2013.  
Web. 20 Jun 2014. <[http://www.nobelprize.org/nobel\\_prizes/medicine/laureates/1982/](http://www.nobelprize.org/nobel_prizes/medicine/laureates/1982/)>