

Failure to Thrive It's Not Just in Africa Anymore!

Mark Mandela,
Clinical Nutritionist
with Tom Ziegler, R.Ph.

When we look at children the last thing that we think of is a child failing to thrive, but today it's a real problem. More and more children are being diagnosed with *Failure to Thrive*. Let's take a closer look at the progress of this disorder.

Sometimes children don't meet the expected standards of growth. Most still follow growth patterns that are variations of normal, but others are considered to have "Failure to Thrive" when they are severely underweight or have major allergies to the foods that are supposed to make them grow. These foods are considered to be the foundation to life, usually milk, wheat, eggs, soy, etc. However, these foods have the opposite effect on them. They create gastric disturbance caused by food sensitivities. They activate an immune response that leads to major problems. These children either don't

receive or are unable to take in, retain, or utilize the calories needed to gain weight and grow as expected.

To get the best idea regarding what is happening with these children, we need to enlist the help of a compounding pharmacist. I'm co-writing this based on my interview with *Pharmacist Tom Ziegler*, who has been in practice since 1981, when he graduated from Massachusetts College of Pharmacy. He decided to open his own compounding (nutritional) pharmacy in 2006.

MM: "Opening up your own pharmacy, Tom, is expensive and very risky. Why did you do this?"

TZ: "I wanted to take care of the underlying health issues that pharmaceuticals weren't addressing. While living and working overseas, I saw people staying healthier by prevention instead of waiting to become ill. My family and I have been supplementing for 30 years. I have seen the results through my grandparents who lived into their 90s, one of them to 99."

MM: "Since owning your own pharmacy, I'm sure you have seen more than your share of people not getting well through

drugs and allopathic medicine. As a compounding pharmacist, you work with more nutritionally based



A "Failure to Thrive" infant in Papua New Guinea.

The Peace Corps and other organizations are stopping malnutrition today in Africa and around the world using high-density nutrition from the Moringa tree. See contact info for a 10-minute excerpt of the **Discovery Channel** documentary.

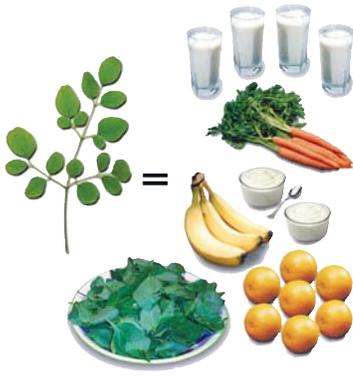
physicians. How is that making a difference?"

TZ: "I now can use an integrative approach—the best of nutritional medicine and allopathic medicine. As people come into my pharmacy, I am able to offer the nutritional formulas with which I have had the best results."

MM: "Over the years, you have encountered people with very difficult conditions who have received little help from either drugs and/or nutritional, but since you were introduced to Zija, you've been able to help people in some difficult situations, specifically children diagnosed with Failure to Thrive. Tell us about a couple of them."

TZ: "Yes, many of these children had severe digestive issues from birth—they are put on different meds to address the symptoms and to treat the side effects from their food allergies. The meds that are usually recommended inhibit the production of stomach acid (proton pump inhib-





Gram for gram,
Moringa delivers:

- 4x** the Calcium of Milk
- 4x** the Vitamin A of Carrots
- 2x** the Protein of Yogurt
- 3x** the Potassium of Bananas
- 7x** the Vitamin C of Oranges
- 3x** the Iron of Spinach

itors), which over time may cause food allergies and the inability to gain weight. Children are then placed on expensive nutritional supplements that often don't produce the desired results since the underlying conditions still exist.

After placing one of these teenagers, Garrett, on Zija, he had great results. He gained eight pounds and his energy levels increased as he began to thrive. *(Read Garrett's story from his parent's viewpoint, sidebar.)*

After seeing such great results with Garrett, I introduced Zija to a one-year-old named Brayden. After a week on Zija, Brayden gained half a pound. A week later, his dad told me he had gained another half a pound. When they ran out of Zija, Brayden started to get ill from being around the other children in day-care. When he went back on Zija, it strengthened his immune system and he is now staying well.

Zija is by far the best and most absorbable supplement that I've seen, especially for improving energy, appetite and digestion. When trying to help

someone with so many different ailments, I feel that starting with their digestion is key. Correcting the digestive system eliminates a host of nagging conditions such as allergies, acid reflux, bowel troubles, headaches, etc. Let alone the fact that they are not absorbing their nutrients, thus failing to thrive.

I've not seen any other supplement that corrects digestive problems as well, or as quickly, as Zija. Because it is plant-based, organic, bio-available, enzymatically active, and packed with high doses of all the nutrients—and it's palatable—I now use Zija as the foundation for all my nutrition work."

MM: "We all have stress but for some it's debilitating. Adrenal problems and sleep disorders seem to be a growing problem. What do you think?"

TZ: "I believe rehabilitating the adrenals is very important in allowing the body to sleep better. If the adrenal glands



MY BOY'S "FAILURE TO THRIVE"

My live was blessed in June of 1998 by the birth of my son, Garrett. Unbeknownst to me, there was a difficult road ahead for me and my son. As an infant, Garrett had severe projectile reflux. At the age of three, he was diagnosed with asthma and was taking a variety of meds to deal with this. By the age of 9, Garrett was getting infection after infection. Then, in October of 2007, Garrett started experiencing excruciating stomach pain. After a visit to a pediatric gastroenterologist in February of 2008, Garrett was put on Prevacid (30 MG solutab) once/day. After his first endoscopy where around 100 eosinophils were found in his esophagus, Garrett was diagnosed with Eosinophilic Esophagitis (EE), and severe reflux.

From there, we visited an allergist where his allergy and asthma medicines were changed and he went through a series of testings for food allergies. This resulted in a drastic change in his diet with the removal of wheat, rye, beef, eggs and dairy, to name just a few. It became an up-and-down ride. Garrett would get better for a short while, then the excruciating gastric pain would begin again. This was our saga, and I saw no relief in sight. Trips to doctors, the hospital, and the pharmacist were a part of our normal life. Because Garrett was not gaining weight or growing, the doctor wanted to put him on a feeding tube. We barely avoided this by agreeing to go to a special formula for him that cost \$900 a month. It still wasn't enough. Garrett was barely maintaining his weight. He was diagnosed with "Failure to Thrive."

Finally, this summer, I was introduced to Zija by my compounding pharmacist. We started Garrett on the SuperMix. After figuring out the right amount to give him, Garrett started improving. After 10 weeks on Zija, Garrett had gained 9 pounds and had more energy and life. His latest lab results showed that all his vitamin levels were normal. After his doctor saw the results, she admitted that Zija was why, and she said she was cautiously optimistic and wanted to keep Garrett on Zija, while she continued to monitor him. Yes, there are still ups and downs, but now I have hope. I have a way to help my son and we're making great progress! I am very thankful for that.

— SHAWN & GARRETT V. • Virginia

produce too much cortisol at night, it makes it very difficult to get the proper sleep, which is critical for rehabilitating the body. Without getting into deep REM sleep, the adrenals don't stand a chance of recovering. This makes it impossible for a person to get well, which leads to Failure-to-Thrive situations in adults."

MM: "Tom, Zija International just came out with an evening formula to help address these cortisol issues and promote better sleep. Can you tell us what's in the XM-PM and how it works?"

TZ: "Sure, I believe the new XM-PM is a perfect adjunct to Zija's SuperMix. It allows the body to remove excess cortisol in the brain while increasing tryptophan uptake, creating greater serotonin production, a chemical response that puts the body into REM sleep. I'm now introducing more of my clients with sleep problems to XM-PM. Here's a rundown on the herbs and natural ingredients found in this formula:

1. **Moringa** (at the core of all Zija's products) contains over 90 verifiable nutrients essential for maintaining all of the body's systems and over 500 medicinal activities. Moringa has more nutrient density

gram-for-gram than any other plant on earth.

2. **Chromium (Niacinate)**

facilitates normal protein, fat and carbohydrate metabolism. It influences the factors that benefit the health of the heart (i.e., increases insulin sensitivity, glucose tolerance, and the proper ratio of HDL to LDL cholesterol). It is one of the most neglected trace minerals in our food source. This mineral is in greater demand today because of our overconsumption of carbohydrates.

3. **Gymnema Sylvestre Extract** has been shown to reduce blood-sugar levels when used for an extended period of time. Additionally, it reduces the taste of and cravings for sugar. It has been used for treatment of diabetes for more than 2,000 years. Gymnemic acids have anti-diabetic, anti-sweetener, and anti-inflammatory activities.



4. **SensoriTrim**® is a patented, all-natural, standardized extract of *Ashwagandha* (a.k.a. *Indian Ginseng*) that is clinically proven to lower cortisol levels, which helps reduce stress-induced food cravings, overeating, and stored fat.

MY 10 BIGGEST IMPROVEMENTS

1. No more sleep apnea. I wake up refreshed after 7 hours of sleep. This was an instant benefit for me.
2. No more irritable bowel syndrome. I used to have to use the restroom about 40 times a day; now just 3-4 times a day. No more waking up in the middle of the night to use the bathroom.
3. No more painful gas and reflux. If my stomach is upset, a packet of Zija usually settles it down instantly.
4. No more painful joints.
5. No more blurry vision.
6. No more mental fog. I now think far more clearly.
7. No more rapid weight loss due to stress. I was down to 118 lbs. (at 5'9"). Now I am at my normal weight of 150 lbs.
8. No more inability to cope with high stress. I am now able to remain calm under stress.
9. No more large painful knot on my foot that prevented me from exercising. Doctor wanted to surgically remove it. Zija took it away.
10. I have now been able to father another child, which was not possible before.

— JEREMY WITTE • Missionary in London, Ontario



REBORN FROM A LIFE OF PAIN

I was so debilitated. I literally crawled to the kitchen table to meet Willie G. about Zija. I had not been out of the house for several months. I had worked for several years, but now I couldn't. I was taking 14 doses of a pain medication per day for fibromyalgia, rheumatoid arthritis, etc. Willie offered me one packet of SuperMix as I was sitting there grimacing from the pain.

Something "weird" started to happen that evening —the edge of the pain was starting to come off. I was doing housework the next day. The following day, I had another SuperMix, and I went out and mowed the yard! I came to the Zija meeting after 3 days and 3 glasses, and they say I looked totally different. Within two weeks, I was going out to get a physical for a job search.

— ALICE S. • Dover, Ohio

5. **5-HTP (5-hydroxytryptophan)** is a naturally occurring amino acid and a chemical precursor to serotonin, one of the most important brain chemicals. Serotonin helps support appetite balance, sleep functions and mood.

Without the proper serotonin levels, we can't get into REM sleep, which allows the adrenal glands to recover by lowering night-time cortisol production.

6. **Kelp** promotes a healthy thyroid and potentially increases the metabolism for better energy and weight management.

7. **Vanadium (Citrate)** acts like insulin to improve glucose management in insulin-dependent diabetics. In Type II diabetics, the mineral improves glucose tolerance and lowers blood-glucose levels. Vanadium has also been shown to inhibit the production of cholesterol. It is also reported to play a significant role in the metabolism of carbohydrates. Vanadium supplementation has shown positive effect in peer-reviewed studies."

MM: "Thanks, Tom. You're at the cutting edge of



reintroducing natural medicine to the West. And the ancient African Moringa tree is at the forefront of the healing plants we can use, thanks to Zija. We see that, due to our own devalued food sources, malnutrition and Failure to Thrive are no longer just the plight of Third-World countries. Moringa to the rescue!" ■

For addressing pain or Failure-to-Thrive issues through nutrition and cleansing, the SuperMix™ and the detoxifying Premium Tea™ are recommended. For sleep issues, or as part of weight management, add the Zija XM-PM and XM-AM evening and morning formulas.

To learn more & to order, visit
denis.MyZija.com

Zija Ind. Distributor **Denis Ouellette**

Call **406-333-4103**

For more on the Moringa "Miracle Tree"

Read all parts of this article series (FREE PDFs) at www.NaturalLifeNews.com

- Watch a 10-minute excerpt of the **Discovery Channel** documentary on Moringa at: drinklifein.com/zijatv_moringa.html
- See contact info for a free copy of the abstract from the **Johns Hopkins School of Medicine**, entitled *MORINGA OLEIFERA: A Review of the Medical Evidence for Its Nutritional, Therapeutic, and Prophylactic Properties*.
- See contacts for a free copy of the list of **all 90 verifiable nutrients** in Moringa; and the **539 medicinal biochemical activities** in Moringa from [Dr. Duke's Phytochemical and Ethnobotanical Database](#).

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

"I AM LIVING MY LIFE AGAIN!"

I am a 42 years old and a disabled, single mother of two boys. For over half my life, I felt hopeless and worthless, even suicidal, due to my constant full-body pain, which caused depression. Since age 20, I have not seen my life as being worth living, especially because I have been unable to take care of myself including basic daily living activities. Can you imagine not being able to care for your children that you always wanted and loved more than life itself?

As my health deteriorated, my problems included: insomnia, chronic fatigue, fibromyalgia, severe migraines, irritable bowel, kidney stones, sleep apnea, and major nerve damage causing constant pain down both legs and feet. As a result, physicians inserted an internal morphine pump, while prescribing numerous addictive pain medications, which did not stop the pain. To say that I felt like a walking pharmacy, taking 30–40 pills a day, (see pictures) was definitely an understatement.

Within 5 days of starting half a packet of Zija SuperMix each morning, and a cup of the Premium Tea at night, I stopped taking my medications for fibromyalgia and insomnia. Until beginning this regimen, I had not had 8 hours of sleep for over 20 years. In less than a week I was sleeping ALL NIGHT long and waking up feeling rested. Just the good sleep made such a difference in my waking hours that at this point, I realized there was genuine hope for me.

Every day I am seeing better things happening to my body and my life thanks to Zija. After just 3 months, I now have control of my life, choosing what I want to do, rather than my body pain controlling me. I give thanks that I am living my life again!

— TERINA THREADGILL • Tupelo, Miss.