

Dr. Mark Perloe, OB/GYN, Endocrinologist, Infertility Specialist  
Notes from 7/12/05 Meeting at NSA,  
Atlanta Business Office

Personal Info – Runs large Infertility practice in Atlanta, Author of a book on Infertility in the early 80's, Runs a drama Theatre in Atlanta

Personal JP+ story – Has been taking the product for five years. Noticed that he had more energy, and his wife noticed that he had a better outlook on life (i.e. he was in a better mood) ☺ He “questioned” whether this could possibly be JuicePlus+ until he had other patients state a similar reaction.

Dr. Perloe was very careful to stick to the areas of his practice where he uses JP+ AND he has scientific data to back up his statements. In other words, he talked about independent research in the area of infertility where it “intersected” with independent research on the JuicePlus+ product. He made reference to “other” improvements, but would rather not comment because it was “antidotal”. His talk was very impressive, especially because he spoke perched on a stool, with no notes and no slides. It was extremely fascinating!

**Endometriosis** – He commented that Endometriosis patients have issues with nutrition and pain. Antioxidant “therapy” has been shown to help inflammation and overall management of this condition. He talked about Natural Killer Cells (NK) are 1 of 2 major white blood cells that produce immunity in the body. NK cells are responsible for dealing with Endometriosis (foreign cells) in the body. He uses JuicePlus+ with these patients because 1) there is published research showing how the antioxidant levels in the body go “sky high” after only 28 days, and 2) there is a significant increase in NK cells after only 80 days on the product.

**Smokers** – Smokers have lower NK cells. Their immune system is suppressed. Even if you quit smoking, you have splits and tears in the DNA. Even after quitting, the body still has compounds that can damage the DNA. If you are low on antioxidants, then the DNA is not repaired. This “unrepaired/damaged” DNA can then be passed on to the embryo. He referenced a study on male sperm in mice. He said it was more significant in the male sperm, that the female egg had more of a protective effect from DNA damage. His comment was “the crimes of the father, live on to the children”. If the DNA damage is “real bad” then the mother doesn't get pregnant, or miscarriages. He also stated that if enzymes are damaged by free radicals then the apoptosis is not performed. Apoptosis is where a cancer cell is found and destroyed in the body before it can take “hold”.

This scared me to death.....he said **75% of children with Leukemia have a father that smoked**, but not necessarily the mother. He uses JuicePlus with these fathers to repair their DNA before conception. He stated that it usually takes around three months for this to take place. The DNA damage study that Brigham Young did on JuicePlus+ was significant. It showed a 66% reduction in damage to the DNA as well as repair to the DNA. Equally as significant was the fact that Brigham Young stated that they had never seen anything improve DNA in smokers until they tested JuicePlus+!

**Polycystic Ovary Syndrome** –

- More insulin in the blood than we need
- Have high lipid levels (basic building block of hormones)
- Only Oxidized Cholesterol is harmful and causes plaque build up in the arteries
- C reactive protein measurement can determine cardiovascular health

Dr. Perloe said your c reactive protein should have an upper limit of 3 to 3 ½. He has seen diabetic patients with a 20 or 30 which immediately told him they had cardiovascular issues. He stated that we used to have “blindness” on as physicians. We would just prescribe the drug Clomen which is the drug that can cause large multiple births. Now we know that there is a 50% chance of a relative that is diabetic. They screen them for diabetes and lipids as well as cardiovascular issues. Because a lot of these patients are overweight, they do the following for treatment prior to them trying to get pregnant:

- Drug for insulin (Glucophage)

- Exercise
- Diet
- JuicePlus+

Definitely capsules, but sometimes Complete and Thins as well to help with appetite

- Water

He talked about how JuicePlus+ has shown a reduction in the c reactive protein, as well as the study on weight management using all three products (caps, Complete, and Thins).

His bottom line.... When it comes to ovaries and infertility some times it is better to go “low tech” instead of “high tech” to produce healthier babies! In other words, proper nutrition, insulin control, DNA damage repair through proper nutrition is a better alternative to drugs and in vitro fertilization if possible.

Pregnancy – He referenced all of the Mississippi University study results on better pregnancies while using JuicePlus+ in addition to a neonatal vitamin. The results showed longer term babies, higher birth weight, less complications, less days in ICU, and less respiratory issues, etc.

Male Sperm – He said that testing father’s sperm is like a tracking number with UPS. We all laughed. He said you could tell how fast the package could arrive or even if there was a package to deliver! We laughed again. He went on to say that this does not show the quality of the package. DNA damage determines the quality of the package. He went on to describe different issues that cause infertility in men.

- Varicose veins in the testicles (65% to 75% are infertile)
- Heat
- Pesticides
- DNA damage (especially smokers)

Female Egg – It takes 90 days to make an egg. Not 30 like most of us think! Many women will say they will quit smoking and drinking once they get pregnant. He said you need to stop those bad habits at least three months prior to wanting to conceive. He also went on to tell how eggs live in follicles, and it has been proven that the follicles with the most antioxidants will have the best chance of becoming embryos. This is another reason that he believes JuicePlus+ is excellent for parents trying to conceive.

Dosage – He recommends the fruits, vegetables, and the berries to his patients at a normal dose of 2, 2, and 2 with a few exceptions. If there is high stress, illness, heat on the sperm, DNA damaged sperm, or a smoker, he recommends more than the normal dose.

Cholesterol – He made an interesting statement about cholesterol. He stated that if the LDL was not oxidized, it would not cause plaque in the artery. Therefore, if you have a high antioxidant “load”, but your LDL is slightly elevated, you probably won’t get heart disease. The antioxidants actually act as a blood dilator.

Homocysteine levels and pregnancy –

Folate input is converted into two things

- 1) nitric oxide which dilates blood vessels
- 2) homocysteine which constricts blood vessels

Neural tube defects may be due to how a person converts folate and therefore may be due to high levels of homocysteine. Evidence is not solid enough to say homocysteine levels cause miscarriages. JuicePlus+ has shown to lower homocysteine levels as well as increase the folate in a person’s system.

I hope you have enjoyed my notes half as much as I enjoyed hearing Dr. Perloe speak. I learned so much. This is an awesome business to be in. If you know of any family that is starting a family, please introduce them to me so that we can discuss how to get that embryo off to the best possible start!