Welcome to the World of Natural Healthcare
For Health & Longevity

Plants and People Evolving Together

A Brief Introduction

We most often eat to avoid hunger, to enjoy taste, and to comfort ourselves—and less often, to be healthy. Alongside of why we eat, over the past 100 years we have gradually accepted the reality of pesticides in produce, steroid hormones and antibiotics in our meat, hormones in milk, as well as too many added chemicals in our processed foods, and the amount of salt and sugar (especially corn syrup) being consumed. At the end of the day, there is far too much room for all of us to be getting our food choices all wrong.

Unfortunately, our everyday societal eating habits, along with the number of pharmaceuticals prescribed daily, has allowed for a state of mind [we enjoy our food, and our drugs will fix our health issues] lacking a critical understanding about the relationship between *what we eat* and our *health and longevity*. And there is not enough (if any) education about this in our schools, at home, or even easily accessible online information where corporate interests and hyped-marketing ads get the attention.

> *Our human biology is complex and precious and what we put in our mouth's matters.*

This is a big problem that continues to result in serious and far reaching consequences for human health and healthcare in this country and the world. So, for those of you who *want to live long and avoid pharmaceuticals as much as possible, for as long as possible,* we at AKESO want to share some of our insights with this brief history on how human life has evolved with plants as food and as medicine. Our hope is that you will keep this

information front of mind during your day when making your food and dietary supplement choices and will begin to learn more.

Plants and People

In a very real sense of the word, the human body can only be described as miraculous. The biological complexity of our bodies allows us to experience life through our 5 senses, to think, to digest food, to move around at will, to whistle, to write, do a math problem, build the smallest and largest things, play basketball, swim, jump out of an airplane, design a house, and every other possible thing. Add to that, we also have access to the more subtle layers of our existence by expanding consciousness, growing wisdom through experience, increasing vitality and energy within, express our creativity, and to feel a full spectrum of emotions. With the healthy integration of all this, we each get to make decisions about how we want to spend our time, explore the planet, and in so doing, to evolve as humans.

> *With all of this in play, we have the opportunity to be intelligent well beyond what we currently know and understand, and well beyond how we are behaving.*

The first thing that went right in our human journey, happened about 2 billion years ago when the initial bacteria that lived on this planet split into two groups. The new group, called eukaryotes, became the beginning of all plants, hominids (including extinct and modern humans), animals, fungi, and protozoans. Eukaryotes were much larger in size and had more genes in the DNA than the original bacteria and were uniquely able to switch on or off certain gene segments, thus editing themselves. This evolutionary leap upped the odds of survival and initiated the possibilities for the destiny that we have become.

Now, nearly 2 billion years later, there are over 500,000 plant species, and interestingly enough, only one human species. How the leap into biodiversity was triggered is still not clear, however, a global network of researchers has reconstructed the evolutionary data of key innovations in the plant kingdom that happened well before mankind. The most challenging transition for plants came when they moved from water to land environments, and then when they began to flower. It is still baffling how flowers evolved so spectacularly, but scientists have discovered that the evolutionary step of flowering plants is what allowed them to become the most abundant and ecologically successful group of plants on Earth. This happened about 100-200 million years ago, well before we humans, but led to our opportunity to have almost all of our crops of food.

Ecology (the relationship between living things and the environment), and **biology** (the study of all forms of life) are the systems represent the diversity and interactions of plants, animals, water, land and air *(including temperature),* as well as the biological relationship of plants and humans.

What has taken 2 billion years to unfold and mature is now part of "the earth" that needs to be functioning in harmony for life to sustain itself—at least life that includes we humans. And what we get from plants, land, and sea is lifesaving, and how we destroy any of that is also destructive to ourselves.

There are over 50 nutrients (vitamins and minerals) that are needed to sustain human life—some are classified as essential and some "non-essential". **Non-essential nutrients** are also essential, the term simply means that they are nutrients *made by the body*, so we don't need to ingest them from an outside source. **Essential nutrients,** however, means it is essential that we consume them through our food in order to sustain a healthy functioning body.

There are about 30 ***essential*** vitamins, minerals, and other dietary components that play a role in every bodily function including the skin, blood cells, muscles and bone, vision, oxygen moving through the body, our natural ability to heal wounds and fight illness, digest food, carry messages along thousands of miles of nerve pathways so that different parts of the body can communicate with each other, and so much more.

Plants are autotrophic, which means they have the ability to obtain the basic elements they need from the land and then synthesize the full spectrum of organic molecules required to support their own growth and propagation (a natural process of breeding and spreading). In contrast, we humans require the same basic elements as plants for our bodily functioning, but we lack the ability to produce those nutrients—which is what makes us dependent upon plants as a main dietary source of food. In fact, our nutritional health relies on plants as food either directly or indirectly (through eating animals that have fed on plants).

And here is a special caveat, we cannot assume that plants have taken a passive role in this relationship. It may be important to think about how humans historically migrated to where plant foods were available and then how plant communities adapted to human community needs. For example, coffee and chocolate—which today are two of the most consumed foods on the planet have positive effects on people that we directly enjoy. Chocolate impacts our hormones and boosts the production of endorphins, the "feel-good" chemical, in our brains. Coffee causes the noticeable effect of alertness, managing to defeat drowsiness and boosting mood. In exchange, we humans are

responsible for spreading the seeds of these two plants all over the world and consider them indispensable. Likewise, the ongoing propagation of all plants we consider "medicine" or helpful to our health, ensures the longevity of the plant.

Now we advance to our favorite subject—**plants as medicine**. If plants supply the food nutrients that we need, and illness is the result of being out of balance or deficient in what we need, then it makes sense that plants also play a major role in healing. There is archeological evidence that shows the practice of **herbal medicine** dates back to 60,000 years ago. But looking more closely at the past 5,000 – 6,000 years of more recorded history, we can learn about the oldest known plant medicine—Ayurveda [the word means *"life knowledge"*]. The plant knowledge that was used in Ayurvedic traditional medicine practices, and later Traditional Chinese Medicine, are essentially true for all times and have not changed from age to age. This wisdom had an understanding of the specific outcome that each plant provided.

Akeso Health Sciences formulates based on the intelligence of the human body, the knowledge that proceeded us, and the science of today. Both of our **MigreLief** and **Condition Specific** lines of complex, expertly formulated products provide the effective support of targeted plant constituents, the vitamin and mineral nutrients that work in harmony with them, and the use of specifically known plants, such as adaptogens*, scientifically known to be effective.

> **There are a handful of ancient plants identified as "adaptogens". Adaptogens have been scientifically studied to uniquely help the body resist stressors of all kinds, whether physical, chemical or biological, by balancing the system, and are known to have no side-effects.*

To formulate using the right combination of plants parts and complimentary functioning nutrients needed by our complex biology for targeted health benefits requires an understanding of how nutritional science and nature come together.

Akeso Health Sciences Co-founder and Chief Scientific Officer, Curt Hendrix, MS, CCN, CNS, has an unwavering commitment to help people with chronic health issues. Curt holds advanced degrees in chemistry and clinical nutrition and has dedicated his life to the research and development of innovative natural medicines. Curt's innate understanding of the profound link between human biology and the chemistry found in nature allows us all to be proud of the products we offer.

We would also like to add that as our concern for worldwide food shortages grows, we believe that there is an obvious need for the distribution of dietary supplements that

can play an important role in addressing immediate nutritional deficiencies. This is especially true for large at-risk populations in countries where many consume single staple diets that lack the spectrum essential nutrients people require.

> *When we take the functioning of human life for granted, we stop concerning ourselves with what we put into our bodies. This is a spectacular oversight on our part because the health of our existence depends on the health of everyone.*