

TRUEHOPE NUTRITIONAL SUPPORT LTD

CONFERENCE CALL

JULY 5, 2007

WITH CO-FOUNDER DAVID HARDY

Mr. Dana Stringam: Good evening everyone and welcome to another Truehope Support Conference Call. My name is Dana Stringam. I'm here tonight with David Hardy and normally Tony Stephan is here tonight, but instead we have a special guest Jared Hardy. And I'll just take a moment to introduce Jared for tonight's call. Jared, welcome first of all to tonight's conference call.

Mr. Jared Hardy: Thank you.

Mr. Dana Stringam: We are glad to have you on board. Jared is David's son and Jared was recently awarded a master's degree in neuroscience and also a bachelor's in nutrition and he is pursuing a doctorate in neuroscience as well. So, congratulations Jared, that's quite a resume.

Mr. Jared Hardy: Thank you. I'm glad to be here.

Mr. Dana Stringam: I should mention also that Jared is now working for Truehope in our research development department so we are happy to have him aboard. Quite an asset to the team.

Mr. Jared Hardy: Certainly happy to be here. Nothing I'm more excited about.

Mr. Dana Stringam: And David, again, welcome. You've been on here a number of times now and it is great to have you here again tonight.

Mr. David Hardy: Thank you.

Mr. Dana Stringam: Tonight's topic... Actually, what I will do first of all is introduce, for those of you who are new to the conference call tonight, the format of our call. First of all you are muted, you won't be able to talk to any one of us here, but hopefully the things that we discuss tonight will give you enough of a background, enough information that you won't have any questions at the end. We hope anyways. But if you do, of course you are always welcome to call us at 1-888-TRUEHOPE or to send an email to feedback@truehope.com. Tonight's call will last about 30-40 minutes we anticipate. And getting right to our subject tonight, we are going to talk a little bit about... the topic is "Unraveling the Mystery of Mental Illness." It's kind of an interesting topic and it's something that both David and you have put a significant amount of time into lately in researching the basic causes of mental illness. So tonight's discussion, I think is going to go a little bit more in depth, if I understand correctly, on the things that we discovered together at Truehope as far as the research that has been done.

Mr. David Hardy: That's right Dana. The underlying cause of mental illness really isn't discussed a lot in science unfortunately and so some of this research that we are going to discuss tonight, I think will be very relevant to our listeners who probably might even be shocked a little bit by some of what we have discovered. That researchers have discovered, not ourselves necessarily, but others have discovered. I think they have gone a long way to uncover the underlying causes of mental illness. I think after our discussion tonight, you should be able to see a little bit more as to why it is what we have been telling people about nutrition is indeed relevant because it is. It's very evident that these illnesses aren't caused primarily, and principally at least immediately by viruses or bacteria. These aren't contagious kinds of diseases like we normally think of diseases in that sense. There are some theories out there as to why mental illness occurs and we are going to be looking at some of those theories tonight and how nutrition fits into those theories. I think you will see that it's kind of a hand in glove fit, that indeed nutrition does fit into the underlying causes of mood disorders. So to start, I think that we can just start with something very simple. With the

very processes by which neurotransmitters are produced in the body and how nutrition affects that. When we look at how different amino acids are metabolized in the body, for instance, amino acids like Tryptophan and amino acids like Phenylalanine and others of the 21 amino acids that are the building blocks of all the proteins in the body, and therefore the building blocks of almost everything that is manufactured in our body that works. Neurotransmitters are proteins and complex proteins and a lot of what are body structure is made up of; the muscle and other tissue in the body are proteins. So how is it that when we take these amino acids and make them into neurotransmitters like Serotonin for instance, or Melatonin that puts you to sleep, Serotonin is the neurotransmitter that is known by a lot of people to improve the depressive mood. If Serotonin is in adequate amounts in your body you are not depressed, or at least that is certainly significant correlation. A little over simplified but it's a significant correlation. These neurotransmitters in the body, and there are so many of them, there are very many of them. We will just talk rather simplistically about them but in the manufacture of Serotonin for instance, it takes enzymes, these are the little organic molecules in the body that speed up chemical reactions. They are catalysts, organic catalysts, so they speed up the reaction and if that reaction time is slowed down than many of these neurotransmitters may not be produced in adequate amounts. It is evident that many of these organic catalysts, the enzymes in the body, have as their base minerals and vitamins. So they are made up of minerals and vitamins. Without the minerals and vitamins, they can't be assimilated; they can't be made up at all. So if you don't have the ingredients to make up these catalysts then the metabolic process is going to be slowed down or destroyed. The chemical balance that science talks about in the body, of someone with a mood disorder is created by a lack of the body's ability to create sufficient chemicals in certain cases with messed up metabolic pathways that create these neurotransmitters. So in essence, without these essential cofactors that we have in EMPowerplus, that include some of the 40 essential elements that are absolutely required and make up the essential requirement of every body, even though there are individual variations in humans, everyone needs all of those essential elements in order to survive. Your body can't produce what it needs without that. Of course our research in the past and what we've been telling people is that our foods don't contain as many of those essential

elements as they once did because of soil depletion and other factors, there just isn't as much calcium in broccoli as there used to be. In fact, there is less than half of what there used to be 40 years ago and all of that figures in to why it is important to supplement. The US Department of Agriculture have evidence that a significant part of the population don't take in the recommended daily allowance of these essential nutrients on a daily basis, they just don't get enough. Some people get less than half of the recommended daily allowance of certain elements. In fact it is suggested that, by some work that Dr. Bruce Ames put out, and Bruce Ames received a National Medal of Science from the President of the United States, so he is no dummy, and it was suggested by him that as many of 50% of the population in the United States would get less than 50% of the RDA of the eight essential nutrients that he studied extensively. Another part of that is that he is determined that deficiencies in those 8 elements actually mimic radiation and causing mutations in the body, that is a break in the long and short strand of DNA. That might be a little complex for people to understand but I think people will generally understand what a mutation is. It's not a good thing. These mutations can have an affect on mental illness, that was postulated by Dr. Linus Polling 40 years ago, he suggested that much of mental illness was the result of deficiencies in these essential micronutrients that could create mutations in enzymes and cause these metabolic processes not to work properly.

Mr. Dana Stringam: And that was 40 years ago?

Mr. David Hardy: That was 40 years ago. And now work being done by Dr. Ames and others, are basically proving that he was right.

Mr. Jared Hardy: It is remarkable to me that he hit on the very thing that Dr. Ames has become famous for. That certain lack of certain nutrients is a big thing for people, for certain people with certain genetic conditions. If they have a certain genetic condition they essentially have a higher requirement for these nutrients because as David mentioned, the chemical reactions are slowed in their body. They are slowed down to the point that the only thing that will really compensate for

that is to have more nutrients. Have more of the essential elements of that chemical reaction so it can take place. If you have more around than it could happen more quickly. So that may be a major way that our supplement is helping people.

Mr. Dana Stringam: Certainly it seems to make so much sense and I just want to back up for just half a second here, David, when you were talking about chemical imbalances. Because I was thinking about this and why this just makes so much sense, at least to me. But, you know, for example, the term chemical imbalance is also used by the drug companies. You know, in their commercials. They treat chemical imbalance with some sort of chemical so how does that work? How do they justify that is what I'm trying to get at?

Mr. David Hardy: Well the chemical imbalance has to have a cause in the body and obviously if there is a chemical imbalance, it is something to do with the chemicals that make up the balance. That's why it makes so much sense that nutrition and these 40 essential factors of life that everybody needs, is so critical in this. Dr. Ames has shown that not only that deficiencies in these elements break chromosomes and cause mutations, but the implication of that is of course, that this can lead to cancer and premature aging and neuron decay, brain cell dysfunction, so not only can it lead to mental illness, but it can lead to deterioration of many different function of the body. He indicates that as much of 50% of preventable cancer is related to just to deficiency in these nutrients causing havoc in the body. Think of the neuro degenerative diseases that we experience now like Alzheimer's and others, he is saying as well that these mutations contribute to those kinds of possibilities as well. There is no question that the best prevention is to take in sufficient of these essential nutrients so that these negative things don't occur. He is saying that these mutations occur the same way that radiation does and that the mutations occur again, once again, in about 50% of the population currently. Whom he is saying are sufficiently deficient to be experiencing these mutations as we speak. So think of it, 1 in 2 people in the United States experiencing, and probably in Canada too, experiencing mutations in their bodies as a result of lack of essential cofactors or essential nutrients.

Makes you want to take the supplement! You won't want to quit!

Mr. Jared Hardy: Let's be a little bit more specific here. He has shown that deficiencies in iron, zinc, folic acid, niacin and several vitamins: B12, B6, C and E do cause mutations in the same way that radiation causes mutations. It does it by missing incorporation of Uracil into DNA. It completely breaks the DNA. So that is significant. You have to know that he is not just drawing these numbers out of the air, this is the United States Department of Agriculture information that he is drawing from. He gave statistics in his papers of how many people take less than half of the recommended dietary allowance of iron, of zinc, of folic acid, Niacin, B12, B6, C and E. It is really shocking when any one of those could cause a mutation as he has shown and there is an alarming amount of people who don't get even half of what they should, of an average person's requirement on a daily basis. That's a minimum requirement, the recommended dietary allowance is a minimum to keep a normal person healthy, so certain people are getting half of that what's happening out there.

Mr. David Hardy: He has done extensive work with Folic Acid for instance that shows that 10% of the population are sufficiently deficient in folic acid that they are experiencing mutations. Just that one element alone, 10% of the population. That is in spite of the increased supplementation of folic acid that people take in pregnancy and other areas for instance. There are still 10% of the population that are sufficiently deficient in folic acid that they are breaking chromosomes. The implications of that are just huge.

Mr. Jared Hardy: Talk about premature aging, talk about cancer, talk about brain function of old age, dementia and Alzheimer's. The research really has not been done well enough. This is an area that we have talked about before. Science looks for this magic bullet, one thing that will be a miracle cure and it hasn't happened with drugs and it hasn't happened with any single nutrient. But what we are saying about the treatment of mental illness is that many nutrients are required to see what nutrition really can't do have yet to fill up all the holes, you have to have all the

ingredients for the chemical reactions before you see what nutrition really will do. The same holds true for the prevention of cancer. For the prevention of Alzheimer's and other things in our population. We just haven't seen what nutrition could do yet and we are trying to promote the research. It really sorely needs to be done.

Mr. Dana Stringam: That's a great point.

Mr. David Hardy: It is pretty simple. If you don't have, if you have multiple deficiencies, as has been proven, absolutely conclusively by research and the US Department of Agriculture, if you have multiple deficiencies in the population supplementation of a single element just isn't going to work. You have to take care of all those deficiencies.

Mr. Jared Hardy: You just don't have the ingredients for the chemical reaction, it just doesn't happen. If you got a tenth of what you need and 3 ingredients, and you add one of those, the chemical reaction is still as slow as it was before.

Mr. David Hardy: Dr. Ames is saying, very bluntly, that speculation that on mutations caused by radiation and chemicals is certainly out there. We have spent a lot of money researching that but he said this cause of mutations in the human body are magnitudes greater than that caused by radiation or chemicals. He says that the public has not served when we have spent lots of money addressing the radiation and worry a lot about that, but we don't worry about the big cause of mutation which are these deficiencies. Somehow this ought to be blasted from the house tops and everyone needs to know this because who wants to be so deficient in their diet that you are causing mutations to be passed on to your offspring, or mutations that occur within your own body that may affect your function later in life. It just doesn't make sense.

Mr. Dana Stringam: I think that people just don't realize. I think that you are absolutely right. There is some awareness out there that we need to supplement. But I don't think that people

realize the extent to which.

Mr. David Hardy: And that's not all that the research of course shows in relation to deficiency. They have also proven that deficiency in certain elements actually kill brain cells, not only do they cause mutations, but they kill brain cells. For instance there is evidence on Thiamine, conclusive evidence on Thiamine, that that particular B vitamin alone kills brain cells in animals and humans in 4 different areas of the brain. That has been proven. There are deficiencies of other elements that also kill brain cells. When you kill an adult brain cell, it doesn't come back. So deterioration and receding of brain cells is a partial cause of mental illness, it is related to it. We see in the literature in relation to Schizophrenia and relation to depression, and relation to Bipolar Disorder, for instance, that glial cells have dramatically reduced in size, in other words the size of the brain is essentially beginning to shrink. And it is not all that is a result of nerve cell death, but sometimes it's a result of nerve cell deterioration. And Jared has found the research that shows conclusively from the researchers as well, that growth factors that allow those dendritic endings to grow on the ends of the nerves are also controlled by nutritional cofactors. So what we've found at the Canadian Center for Behavioral Neuroscience in rats is that without exception, the animals taking the supplement have longer and more complexly branched dendritic endings and therefore more functional nerves. But Jared just explain the correlation between those growth factors and dendritic growth a little bit.

Mr. Jared Hardy: Well what happens is our neurons are very branched like a tree, and that is how your brain connects, that's how you have thoughts, that's how your brain functions. These neurons have to be connected well enough, its like a forest of trees, they have to be connected and talk to each other and the thicker the forest is the better the signals are passed. They are finding with antidepressants a small effect, just a tiny effect of antidepressants increasing growth factors. We've found a lot of evidence that nutrients are essential for these growth factors to even be around at all. They are essential for growth factor gene expression so everyone has their own genes, their own DNA and that is basically the code for everything that is made for your body to

function. But if the nutrients aren't there then the growth factors aren't made, it's kind of a mechanism that nature has to say, When the going isn't good with nutrition, the brain can't be on super high power, it has to tone down and be kind of on low energy. But when the nutrients are there and the growth factors are there and the brain is well connected and kind of on high power...

Mr. Dana Stringam: That's a great way to explain it. That makes a lot of sense.

Mr. Jared Hardy: It's a natural way for the body to assess what the situation is out here, how can I function.

Mr. David Hardy: So lack of those growth factors leads to shrinkage in the brain cells and ultimately even death in certain cases.

Mr. Jared Hardy: Neuron cell death.

Mr. David Hardy: The neuron cell will die if the cofactors are sufficiently deficient. It's like I said the effect is more than just a cause of the actual death, it's when the nerves begin to shrink or deteriorate or degenerate. That also affects mental functioning and mental well being. And a lot of the benefit of our supplement we feel is because when these cofactors are present, it actually will restore functionality to a brain cell that is not dead, but it has deteriorated because the lack of these nutrients. SO you get branching, so every cell that survives in the brain of someone who has an illness, can be made part functional by just taking these cofactors and increasing the amount of cofactors available to the body. It really is exciting.

Mr. Dana Stringam: It is exciting. I bet you there is a whole pile of participants that could testify to that.

Mr. David Hardy: It is incredible, incredible relevance to people who are aging and who are seeing a deteriorating of their quality of life. They are seeing that deterioration in large measure because of insufficient of these cofactors. So if we all want to see, if we all want to live to be 100 years old, and have a decent quality of life, the evidence is there that you absolutely have to supplement these cofactors in our diet because our diet no longer provides adequate amounts of it. That's the evidence. You can speculate on a lot of other things but the evidence and science now shows that if you want to maintain your quality of life and not age prematurely, when you play around with some of the drugs for instance like crystal meth that kills brain cells in large numbers, the deterioration in just a few years and the premature aging that occurs. There are photographs out there of people who, before and after photographs, in just 3 or 4 years where people look like they have aged 40 or 50 years, it's premature aging due to brain cell death. So in large measure, the key to increased wellness and the fountain of youth, if you will, is to keep these essential cofactors there so that your body doesn't age prematurely and deteriorate prematurely and that includes obviously mental functioning as well.

Mr. Jared Hardy: There is evidence that activity, just activity in the brain, increases growth factors in anyone but especially in the aging population, when you exercise your brain so to speak your brain is better connected and works better. But unless there are those cofactors along with it you will never get an optimum function of your brain. So the best way is to exercise your brain, so to speak, to use it and also, as extensively as you can and to have the important ingredients the building blocks of your brain and your body in general. You can maintain cognitive function.

Mr. Dana Stringam: It really makes sense on a very basic level, doesn't it.

David: In investigating some of this too, Dana, we've gone over the randomized control trials that have been done with nutrition and people are unaware that there have been a lot of double blind studies done with single element nutrients that show that they positively impact the mood and

mental wellness. Folic Acid, there has been trials done with that, with Thiamine, with Vitamin B6, with Calcium, Chromium, Magnesium, Selenium, even the single factor Lecithin has shown to see symptoms remission in manic episodes so there are lots of double blind trials that show statistically significant outcomes that have been done.

Mr. Jared Hardy: So those are all double blind studies that you are talking about.

Mr. David Hardy: All double blind studies.

Mr. Jared Hardy: And Lecithin is Choline, am I right?

Mr. David Hardy: Right.

Mr. Dana Stringam: And how far back to these studies date?

Mr. David Hardy: The ones that we catalog go back to 1982 there are actually studies that go back to the 1920's on single element nutrients that show a positive impact on mental illness.

Mr. Dana Stringam: So it is well documented.

Mr. David Hardy: Well documented. The thing that is exciting is that there is recently an increase in studies with multiple elements. The most significant of which of course is the double blind study that is occurring with EMPowerplus right now. It has the largest number of ingredients of any of these randomized control trials as far as we are aware. There have been some done with 30 ingredients, with 23, with 12, with 10, with 9, with other levels of ingredients, but of course we are now starting to address the multiple deficiency and as we do that we are going to see more and more significant results.

Mr. Dana Stringam: Absolutely. We have already seen that.

Mr. David Hardy: There are a couple of studies, for instance, done with a pharmaceutical company that studies with 10 different elements and 12 different elements, both of which reduce stress and anxiety significantly and they are tooting that highly. So it is a multiple ingredient product that is definitely showing benefit and they have done it in randomized control trials in 300 adults and 80 children, so it has been done with significant numbers showing statistically significant results.

Mr. Dana Stringam: So there is no surprise the results we are seeing.

Mr. David Hardy: No not at all. What we've been telling people and our observations in the past, are really being verified by what we are digging into and finding in science and some of this research like what Dr. Ames is showing is just so powerfully impactful. People need to know the incredible need that the body has to have these elements in order to function properly and optimize health and longevity. It's just essential.

Mr. Dana Stringam: It really does back up everything we have been seeing over the last 11 years, or whatever it has been.

Mr. David Hardy: One of the questions that people come up with in taking our supplement is, When can we quit taking it?

Mr. Dana Stringam: This answers that question.

Mr. David Hardy: This answers that question. You can't quit taking it and do as well anymore than you could quit eating and do well.

Mr. Jared Hardy: Particularly with people who have higher genetic requirements. As far as we know, there is not a sure way to test for that. But when symptoms come up in your life, when you have symptoms of illness that may be indication enough.

Mr. David Hardy: What Ames is talking about, and maybe we haven't explained this well enough, but it makes so much sense. If you remember during the War when the people from Holland, the Dutch, were nearly starved out and many of them had incredibly poor diets and practically nothing to eat at all, after that happened there was a dramatic increase in Schizophrenia in the offspring of those women for instance, who were significantly starved. What Bruce Ames' work is showing is that that was what was likely causing even at that time, chromosomal breaks that cause mutations in the enzymes of this offspring. So when we say that Bipolar Disorder is related heavily to genetics, and we see it run in families, what Ames is saying, is that there likely have been chromosome breaks in the genes involved there and that these people actually have mutated enzymes.

Mr. Dana Stringam: And that happened quite rapidly in the case you are referring to.

Mr. David Hardy: It did. It just happened in one generation, in a short time. But he's also saying that over 50 genetic diseases can be mitigated or helped or assisted by just giving high levels of B vitamins for instance to make up the deficiency now. So like what Jared is saying, there are actually some higher nutritional requirements for those who have these genetic defects passed on to them. They are likely to have a higher nutritional requirement for their entire life time.

Mr. Dana Stringam: And again, that makes sense too, doesn't it. Absolutely.

Mr. David Hardy: Because of these mutations that have already occurred. But we don't want to be creating new mutations in a whole generation of people who are not going to require way, way higher nutrients just to function optimally.

Mr. Jared Hardy: The nutrition that we have been talking about for so long is really the link, in my view, it is the missing link in the hunt for what Bipolar Disorder is about, for what Schizophrenia is about, mental illness in general. There has been good genetic research that has gone on showing risk factors, people with certain genes have a higher risk of becoming mentally ill and the nutrients... It's not a hard fast rule that if you have a certain gene you will have a mental disorder. The nutrients explain why that would be. People may be at a higher risk but they may be getting just enough of the nutrients that they need. The nutrients that they have, the nutrient requirements, can be met in certain ways, one might be a higher absorption so they might have the genetics to absorb more. So even though they have the risk factor of a gene, they might be at a higher risk for Bipolar disorder, they may absorb better than the next person with that gene, so they don't manifest the symptoms. They might just be eating better or have better body stores of nutrients.

Mr. David Hardy: When Jared brings up absorption, this is worth mentioning too, that in our search for all of these we have found meta-analysis study of 20 different studies that have been done that show that poor bowel function; things like irritable bowel syndrome and others, lead to more than a 90% chance that that individual will have a mental disorder. So there is a huge correlation that we have often cited in the work done at the John Rathford Hospital that showed that, but now we have over 20 studies that prove that. So there is just no question that absorption of nutrients and getting these nutrients into the body has a huge correlation to these illnesses. You just cannot deny that. It would be foolish to. The correlation to nutrition is just almost beyond anyone being able to challenge it at all. It's really there and in that sense, we are beginning to unravel, I think, the mystery of mental illness because the medications are good in the sense that they address symptoms, or at least that's what we're attempting to do, the unfortunate part of that is that so often the side effects can become more significant than the illness. WE are just happy and excited that we have now something that we hope to be able to offer doctors, that is not only better at mitigating and assisting with these illnesses, but is almost much, much more safer.

Mr. Dana Stringam: Absolutely. No side effects essentially. It's just food.

Mr. David Hardy: Few, if any side effects. It is not that you can't overdose on mineral and vitamins, you can. If you take too much Selenium you will die. If you take too much Chromium you'll die. But the relative safety, and we're talking about relative risk, of these things that are absolutely essential by the body. The body doesn't have to get rid of them as poisons and toxins because they're natural in the body and the body needs them. That's different than synthesized medications that manipulate body chemistry.

Mr. Dana Stringam: That makes good sense for everything that we are talking about. As far as our participants go, I mean, the answer is clear. I'm sure that there are many of are participants that don't know anything about this but have experienced the wellness that comes from good nutrition. And now having this as a backup, just gives them all that more sense of comfort.

Mr. David Hardy: It's just so much more supportive and Dana, we are going to be arming our participants and others who are looking into Truehope as a possible means of assisting them with serious illness. And obviously this has a broad spectrum application and the researchers are saying it. This has implications for cancer patients, this has implications for Alzheimer's patients, it has implications for wellness in general besides mental illness. But certainly arming people with this information that they can show and it is documented and they can take it to doctors, it's just very difficult to show that. It just makes so much sense. Why does have a woman who has just given birth to a child all of a sudden begin to have a mental problem of post partum depression or Schizophrenia or post partum psychosis, for instance. It is because she has been depleted of these elements. It just makes so much sense. It also explains why very often someone in that situation, who experiences this for the first time after the birth of a child can be helped in some instances just in a matter of a few days with the supplement.

Mr. Jared Hardy: With such better results and with so much greater safety. Most people don't understand how safe the nutrients really are. The upper limits for each of these nutrients have been established and when you look at the books and the National Institute of Health that established these levels, right in the books where they explained how they established the levels and so on, they say the Upper Limit is the level that poses virtually no risk. To anyone.

Mr. David Hardy: Taken at that level for a life time.

Mr. Dana Stringam: And we are well below the upper limits in our product.

Mr. Jared Hardy: We are well below the upper limit. For people during pregnancy and after, for children, just by itself, removing the drugs from the picture, nutrients are just so much safer. We are excited to offer a more effective treatment as well.

Mr. Dana Stringam: That's the bonus.

Mr. David Hardy: So far, and the studies have been done, so far the effect sizes are 3 1/2 times than that that have been seen with medications and that is powerful. 3 1/2 times more times effective.

Mr. Jared Hardy: It makes perfect sense why the nutrients would be more effective. They just have more leverage in the body. They have more mechanisms of action.

Mr. Dana Stringam: It's a natural process that the body uses these things.

Mr. Jared Hardy: So it's using the nutrients in many, many places of the brain as the brain is designed to function. So it is just restoring natural function of the brain rather than manipulating one thing in one area of the brain.

Mr. Dana Stringam: That makes really good sense. I appreciate our call tonight. Guys, both of you, it has been absolutely enlightening once again. I just want to mention this document that we have been referring to all night and it is titled "Unraveling the Mystery of Mental Illness" and this was sent out when the last Common Ground email that went out last Monday, July 2nd, so it is available for download in PDF and also right in the body of the email itself. But what I think I would like to do is have this available along with the transcript of this conference call and the recording as well so that our participants can have this documents available for download. They can print it off,. they can take it to their doctor, friend, family, whatever because it is quite powerful. I know you have cited a number of references here, Jared and David, like there is a whole pile on the back of this thing and the evidence is really quite overwhelming.

Mr. David Hardy: There many more references than what we've cited.

Mr. Dana Stringam: It's just a short little document but it is quite powerful. So I recommend that anyone who is listening taking a moment to download it and go through it.

Mr. David Hardy: It is our determination, Dana, to get this information out to doctors and everyone. Of course we want, eventually, doctors to understand this and be trained appropriately as to how to use this so that so many more people can benefit. I believe that will happen as we get more results from the research that is going on. And we, by the way, have a number of more double blind studies that are starting and being improved and we have funding for. No longer will there be just one double blind study going, there will be several.

Mr. Jared Hardy: It has really turned a lot of heads in research. That says a lot. Just for this to get to this level, there has been such a bias against this kind of thing. Researchers really felt like they have been there, done that with nutrition, but using a lot of nutrients together in research just hasn't been done. That approach is really an exciting approach to research.

Mr. Dana Stringam: And really starting to gain some momentum.

Mr. Jared Hardy: It really is. Turning a lot of heads.

Mr. David Hardy: And people like Ames, once again, the recipient of National Medal of Science in the United States, knows a lot. This guy is well known, he is well published, probably published 4-to-500 articles in medical journals relating this work, so very well known scientist and there are so many others that have corroborated his evidence. It's really good.

Mr. Dana Stringam: Well again, this is an exciting piece of work and an exciting discussion topic we've had hear tonight. I appreciate both of you being here. I just wanted to let our participants know once again, that this call has been recorded and it will be available for download off of our website at mytruehope.net. We also have a transcript that will be available for download at that time. Again, if you have any questions or comments about tonight's topic, or any other topic for that matter, we always appreciate your comments and your feedback and you can send an email to feedback@truehope.com or you can just call us on our toll free number. So again I want to thank both of you for being here tonight, Jared and David, it has been wonderful. It has been enlightening and look forward, Jared, to having you on a call again in the future sometime. It has been great to have you here tonight. Our next conference call will be Thursday, August 2nd at 7:00pm. Again, gentleman thank you very much for being here.

Mr. David Hardy: Thank you. Good night all.

Mr. Jared Hardy: Good night all.