



OPTIMUM CHOICES, LLC  
*Healthy choices for people and pets*

## Lipomas (Fatty Tumors) and Bio-Algae Concentrates

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### What are Lipomas?

Tumors are unwanted whether benign ([fatty tumors](#)) or malignant ([mast cell tumors](#)). When fatty tumors appear, it is a sign the body is trying to get rid of unwanted material but because it is out of balance it cannot process this unwanted material through normal channels (kidneys, liver, intestines, etc.). Since the [endocrine \(glandular\) and immune systems](#) are usually not functioning at 100%, the body does the next best thing and tries to encapsulate this unwanted material and get it out of the way through the [largest excretory organ of the body, the skin](#). It is like sweeping the dirt underneath the rug when you do not know what to do with it. The fatty tumor (lipoma) is that lump of dirt under the rug (skin). **Optimum Choices does not believe in selling**

**supplements targeting just the symptoms.** Besides, there are so many causes of lipomas, one would have to buy a whole shoebox full of supplements to cover all the possible causes. Rather than use a (supplement) product to mask the symptoms, we would rather balance the body using truly “wholistic” methods and let the body’s natural ability to heal take care of the lipomas. The following holistic principles apply to people, as well as pets.



### Medical View of Lipomas

Modern medical consensus tells us if the lipomas (fatty tumors) are not hindering or bothering anything, then do not disturb them. That is like ignoring the smoke alarm by taking the batteries out. The lipomas or fatty tumors are a red flag that the body is not in balance and eliminating waste properly. Surgically removing the lipoma, liposuction, salve and steroid injections are all options for removing the fatty tumor but do nothing to address the original cause of the problem. It is only a



matter of time before the inefficiencies of the body catches up to produce something more serious, as in this [cancer story](#). If the tumors are signaling inefficient adrenals and [malfunctioning thyroid gland](#), what consequences could this have on the [entire endocrine and immune systems](#)? If the endocrine system is imbalanced, could this affect the replicating DNA in the new cells causing them to be abnormal (cancerous)? We “wholistically” believe it is not wise just to ignore the [lipomas \(fatty tumors\)](#).

## Changing Diet To Reduce Lipomas

Sometimes a change in diet will help. A better diet means less waste material for the body to eliminate. This means avoiding processed foods, eliminating artificial sweeteners (for example, cyclamate, saccharin, aspartame), eliminating diet and regular soda (too much high fructose corn syrup and phosphoric acid), no (refined) white sugar, no (refined) white flour and eating preservative- and chemical-free foods (no nitrates, nitrites, BHA, BHT), eating fresh vegetables and fruits and no GMO food (for example, corn, soy and canola).



If a change in diet does not work, then a natural herb, homeopathic remedy or other natural supplement might be necessary to boost up the kidneys and liver function and balance the endocrine system in order to get rid of all the lipomas. But using these supplements or remedies is like putting your finger in the dike to stop the water leak (remember the little

Taking supplements is like sticking your finger in the dike to stop the water leak

Dutch boy fable?). You may have reduced the fatty tumor(s) but have not addressed the cause. Our preference over isolated supplements would be a totally holistic approach, using [whole food products](#), which provide the nutrition the way Mother Nature intended (not high therapeutic doses), are safer and have no side effects. If a glandular imbalance is the cause, one should [holistically balance ALL the glands and organs](#) of the body naturally, not just the adrenals, thyroid, kidneys and liver.

## My Personal Story



I had a lipoma appear when I was a teenager. The lipoma grew very slowly for the next 40 years until it was the size and shape of half a grapefruit. During that time, I did try some homeopathic, herbal and [essential oil](#) remedies but never stuck to it for more than 1-2 months. The lipoma was in an area that was not visible and it was not bothersome, so my incentives were not very high. But I decided, since the lipoma was so large (and still growing) and I was in perfect health at age 54, it would be a good time to get it surgically removed. My doctor agreed. Within six months following the surgery, the lipoma slowly started growing back. That is when I realized **Western medicine did a great job with the symptoms but did nothing to address the original cause of the lipoma.** Two

more years passed and the lipoma grew to the size and shape of half a golf ball. It was at this point that I discovered one possible cause for my lipoma.

That year I had dental osteonecrosis surgery to extract two teeth that had a root canal, clean out the infection in my jawbone at two former tooth extractions sites (now with bridges) and clean out three wisdom teeth sites (extracted when I was a teenager). Margaret's research led her to determine root canals only temporarily remove the infection. Apparently, bacteria can still reside in the miles of tubules emanating from a tooth's root. If the bacteria is not destroyed, the jawbone can be a perfect breeding ground for anaerobic (lack of oxygen) infections. I remembered I had my wisdom teeth extracted when I was a teenager, right before the lipoma appeared. **Since the source of the bacterial infections in the jawbone was never eliminated, my body needed a collection point (the lipoma) to store all the excess bacterial toxins that my liver and kidneys could not process for the past 40 years.** After this successful dental surgery, the actual source of the bacteria was now gone. So, the [bio-algae concentrates](#) and homeopathic remedies I was taking to balance the body finally made the body efficient enough to clean out all the residual infections that had built up in my body for over 40 years. The lipoma that reappeared after surgery finally stopped growing and started to decrease in size (for the first time in my life). To learn more about the potential hazards of root canals, do an Internet search or read the books: *Root Canal Coverup* by George Meinig and *The Roots of Disease* by Robert Kulacz and Thomas Levy.



Although the bio-algae concentrates are slowly helping reduce my second fatty tumor (in the same place as the first), I have found a complementary product that seems to accelerate the reduction and work on a different level than the bio-algae concentrates algae. [PSP+](#), which stands for alpha-glycan polysaccharide peptide (PSP). PSP+, is another whole food product like bio-algae concentrates that boosts the body's process of cellular regeneration and communication. PSP+ is produced from rice that has been mechanically hydrolyzed to break it down into tiny molecules called Alpha-Glycan Polysaccharide Peptides, which can be absorbed directly into the cell, providing energy to the mitochondria, the powerhouse of the cell. Like bio-algae concentrates, it works at the cellular DNA level to help balance the body's glands and organs through nutrition and supply energy that helps accelerate detoxing of the body. In the four months that I have taken PSP+ in addition to the bio-algae concentrates, I have notice my lump has gotten softer, flatter and decreased in size by half.—Russell Louie

DO NOT rely on a magic pill to eliminate lipomas

## Possible Causes of Lipomas

My point is not the fact that bio-algae concentrates or PSP+ alone can help the body deal with lipomas but **one must take a truly “wholistic” approach and look at the whole body and all possible reasons for wastes and toxins to be stored in a lipoma. DO NOT rely on a magic pill to make all the lipomas go away overnight.** You are going to have to wholistically examine your:

1. **Diet**—eliminate diet and regular soda, white flour, white sugar, anything with artificial sweeteners or chemical preservatives, all deep-fried foods, soy and soy products and any GMO food (see below).
2. **Lifestyle**—improve your life by getting more exercise (improve circulation, increasing lymph flow) and fresh air (oxygenate your blood), eliminate everything that could be toxic in your environment (e.g., personal care products, pesticides, toxic household products). Stop drinking tap water.
3. **Previous sources of infection**—eliminate the source of infection, start a detoxing program, use whole food products, like [bio-algae concentrates](#) or homeopathic remedy.
4. **Exposure to industrial chemicals**—eliminate pesticides, chemical fertilizers, industrial solvents, paint thinners and cleaners.

## Things to Avoid

Source	Potential Effects
Artificial sweeteners (saccharine, Sucralose, cyclamate, aspartame), diet soda	Disrupts and imbalances the endocrine system
All GMO (Genetically Modified Organism) food—corn, soy, canola, cotton, Hawaiian papaya, some zucchini, crooked-neck squash, sugar beets and tobacco. <b>Virtually all fast food restaurants use some GMO food.</b>	Pre-cancerous cell growth in the digestive tract, stomach lesions and potential damage to the immune system
Industrial chemicals— pesticides, chemical fertilizers, industrial solvents, paint thinners and cleaners (for example, benzene)	Disrupts the entire endocrine system and subsequently depresses the immune system
Infections, hidden source of infections (such as root canals, abscesses, tooth extraction sites, low-grade bacterial or viral infections, parasites)	Kidneys and liver are overworked, so excess wastes and toxins from infection need to be stored someplace
Microwaves	Research shows microwaves alter protein molecules
Personal care products—toothpaste, deodorant, soaps, shampoo, hair conditioner (containing	Contains petrochemicals harmful to the endocrine and immune systems,

sodium lauryl sulfate, SLS, DEA, propylene glycol) and anti-bacterial soap (with triclosan)	EDC (Endocrine Disrupting Compounds)
Plastic bottles	Contains petrochemicals (bisphenol-A or BPA) harmful to the endocrine and immune systems
Plastic containers and food wrap	Contains petrochemicals harmful to the endocrine and immune systems
Soda pop	Too acidic (phosphoric acid), upsets pH of body, too much sugar (high fructose corn syrup, HFC) which depresses the immune system
Soy and all soy products	Reduces assimilation of calcium, magnesium, copper, iron and zinc. Interferes with protein digestion and may cause pancreatic disorders. Potent anti-thyroid agents causing hypothyroidism and may cause thyroid cancer. In infants, consumption of soy formula has been linked to autoimmune thyroid disease. High levels of aluminum which is toxic to the nervous system and the kidneys.
Vegetable oils	Hard to digest, goes rancid easily, upsets the balance of Omega 3-6-9 in the diet
Water from tap	Chlorine can imbalance your <a href="#">thyroid</a> making your endocrine system dysfunctional leading to a depressed immune system, could contain excess fluoride.
White sugar	Too refined, very little nutritional value, depresses immune system
White flour	Too refined, very little nutritional value

## Hidden Poison in Food



Two, much overlooked factors that could be affecting our glands and immune system in both people and pets, are the new foods introduced in our diet just within the last 30-40 years. As Americans, we eat soy mostly in unfermented forms, made into various processed imitation foods such as tofu, burgers, sausages, TVP chili, soy milk, soy cheese, and soy ice cream, as well as consuming large amounts of 'hidden' soy flour, protein and oil in most processed foods. So, what is the problem with eating all this soy? Is not soy a healthy food? Many doctors, including holistic doctor Andrew Weil, promote it. Dr. Weil even partners with a pet food brand containing soy that is marketed as a high-end super premium food, sold in health food stores and natural pet stores.

Is soy bad?

According to the extensively researched book, [The Whole Soy Story: the dark side of America's favorite health food](#), by Kaayla T. Daniel, PhD, CCN, the Chinese first started eating soybeans about 2,500 years ago, after they figured out how to ferment it. Somehow, the ancient Chinese knew that soybeans still contain many toxins after cooking and thus avoiding eating it until they learned to neutralize those toxins through fermentation. In traditional Asian diets, soy is only used in small amounts as a condiment, with pork, seafood and other animals providing the bulk of the protein. Only very recently has soy been eaten the way we typically eat it, consuming large amounts in an unfermented and often highly processed form. Soy was originally considered an inedible plant, used to fix nitrogen in the soil. Even today you can find people from farming families who remember that as the primary use of soy.



Real men do not eat tofu

Unfortunately, consumption of soy can create many health issues, in both humans and animals. Following are some of the major problems caused by soy, as described by the [Weston Price Foundation](#) on their website:

- High levels of phytic acid in soy **reduce assimilation of calcium, magnesium, copper, iron and zinc**. Phytic acid in soy is not neutralized by ordinary preparation methods such as soaking, sprouting and long, slow cooking. High phytate diets have caused **growth problems in children**.
- Trypsin inhibitors in soy **interfere with protein digestion and may cause pancreatic disorders**. In test animals soy containing trypsin inhibitors caused **stunted growth**.
- Soy phytoestrogens **disrupt endocrine function** and have the potential to cause **infertility and to promote breast cancer** in adult women.
- Soy phytoestrogens are **potent antithyroid agents** that **cause hypothyroidism and may cause thyroid cancer**. In infants, consumption of soy formula has been linked to **autoimmune thyroid disease**.
- Vitamin B12 analogs in soy are not absorbed and actually **increase the body's requirement for B12**.
- Soy foods **increase the body's requirement for vitamin D**.
- Fragile proteins are denatured during high temperature processing to make soy protein isolate and textured vegetable protein.

Soy affects thyroid!



- Processing of soy protein results in the formation of toxic lysinoalanine and highly **carcinogenic nitrosamines**.
- Free glutamic acid or MSG, a potent **neurotoxin**, is formed during soy food processing and additional amounts are added to many soy foods.
- Soy foods contain high levels of aluminum which is **toxic to the nervous system and the kidneys**.



What all this scientific information boils down to is that soy can really mess up your body and your health. To understand this in human terms, all you have to do is read some of the stories of people whose health has been damaged by soy. You can find these stories in the book [The Whole Soy Story](#) as well as the letters to the editor in nearly every edition of Wise Traditions, the quarterly journal published by the [Weston Price Foundation](#). Following is a typical story, reported in [The Whole Soy Story](#) book from someone in Boulder, Colorado:

*“I am a healthy 48-year-old woman. An avid runner, I have followed primarily a [vegetarian diet](#)*



*for over five years, and have always had excellent blood chemistry results...Last year, however, I added something significant to my regular diet of fruits, vegetables, beans and grains: soy products. I followed the conventional wisdom that this would alleviate early menopausal symptoms, keep my heart healthy, etc. I ate tofu daily, consumed soy milk in abundance, snacked on soy nuts...and looked for soy isoflavones in my supplements. Results: I now am facing surgery for a **goiter (enlarged thyroid)**...I have symptoms of **thyroid damage**. My **skin, nails, hair are all suffering visibly**. I*

Is vegetarian diet good?

*have **chest pain** when I run. Worst of all my **cholesterol has risen from 137 to 210** in the last six months. A nonsmoking, non-drinking vegetarian who eschews all dairy products simply cannot experience this kind of change in less than six months without some external factor.”*

There are many more stories like this, telling of a myriad of health problems caused by soy. An executive secretary in her 50’s with thyroid problems tells of how the hidden soy added to the bread she was eating caused such **severe forgetfulness** that she could not perform her job. When she stopped eating soy, the mental problems went away.

A second food source that could be potentially affecting our glands is GE (Genetically Engineered) or GMO (Genetically Modified Organism) food. The most knowledgeable genetic scientist on this planet, Arpad Pusztai, conducted a safety study (1998) with GMO potatoes. In an effort to determine what safety protocols were necessary, he studied three groups of potatoes:

1. Natural potatoes, which was the control
2. Potatoes spiked with insecticide
3. Potatoes which were genetically modified (GMO) to include insecticide



Beware of Genetically Modified Organisms (GMO)

Only animals fed this third group (GMO) got sick after 10 days. Not even the potatoes spiked with insecticide made test animals sick. This proved to him the GE process created damaging change not the insecticide. What he saw was potentially **pre-cancerous cell growth in the digestive tract, smaller growth of brains, liver and testicles,**

**partial atrophy of the liver and damaged to the immune system.** Based on these results and the **stomach lesions** and death in rats from previous Flavor-Saver tomato experiments, what

implications could this have for people and pets who are developing **allergies, cancer, inflammatory bowel disease (IBD), Crohn's disease, celiac disease, colitis, megacolon, leaky gut syndrome** or other digestive disorders today? Did you know **GMO crops of corn, soy, canola, cotton, Hawaiian papaya, some zucchini, crooked-neck squash, sugar beets and tobacco** are being consumed today without having been tested with these vigorous scientific methods?



Why is all the above significant to you, your family and your pet today? Because without you knowing it and without your approval you, your family and your pet are probably eating GE food right now. You are part of a grand GMO experiment without your knowledge. While no firm scientific conclusion can be drawn from currently available research, we feel this issue is important enough to our health to personally avoid all GMO ingredients and GE food. Remember, 50 years ago the tobacco industry was saying, "There is absolutely no scientific evidence that second-hand smoke is harmful and there is no conclusive proof that even first-hand smoke is dangerous to one's health." Do you want to wait for conclusive scientific evidence? Today, the same companies that are using GE to manufacture GMO foods are the same companies that told us DDT, Agent Orange, PCB and aspartame are perfectly safe. For more information on GMO food read our March 2010 e-newsletter article, [Are Genetically Modified Organisms \(GMO\) Bad?](#), so you can make an informed decision for your family (2-legged and 4 legged).

GMO= corn, soy, canola, papaya, sugar beets

## Holistic Answers

All facets must be dealt with and the entire body must be in balance in order to achieve the desired end results — a total reduction and elimination of all lipomas. At the very minimum, the body's [endocrine and immune systems](#) must be balanced. We have learned that each person (and animal) is an individual and what works for one individual might not work for another. The benefit of modern day drugs are that they work quickly but they sometimes have terrible side effects (even cause death). The benefit of holistic options are that there are very little [side effects](#) (if any), they have a more permanent effect on the body but they do take longer than drugs to see results. One must really be patient and keep trying holistic options until one gets the desired results.

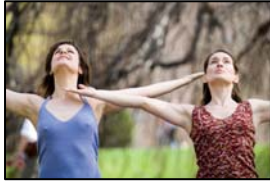


Nutritionally balancing the endocrine (glandular) and immune systems may help the **body to reabsorb the fatty tumors**. Bio-algae concentrates has been shown in research to supply super nutrition at the cellular level and literally wake up the master gland and organs in the brain (the pineal, pituitary and hypothalamus). When the master gland of the brain is 100% functional, the body can now boost up all the other endocrine glands and entire immune system. With these systems in balance the body can now properly handle the unwanted material originally causing the lipomas (fatty tumors).





If you are looking for a quick “fix” for lipomas, taking one product may not be the total answer for you. Surgery, liposuction, salve and steroid injections are allopathic “fixes” while supplements, herbs and ointments are natural “fixes” but none of these address the original cause



of the lipomas (fatty tumors). That is why they eventually come back. To eliminate lipomas, one must address a malfunctioning immune system and an imbalanced endocrine system. These degenerative conditions did not pop-up overnight. One must give the body just as much time to balance and regenerate as it took to degenerate into its current state of dis-ease (producing fatty tumors).

Consider the following testimonials:

*I think of [bio-algae concentrates](#) as the brakes to stop the cruise ship. It takes a while to get the darn thing stopped and turned around, but [bio-algae concentrates](#) has really helped my 13 year old Labrador (Rudy) to turn around from his constantly creating lipomas to now watching them get smaller, from his degenerative arthritis, to a skip in his step and walking up and down stairs again after a year of needing my help. But it has been 6 months of 6 capsules a day, spread out over the entire day. 2 with breakfast, 2 with a treat at noon and 2 with dinner. Occasionally, I give him 2 more with a treat at bedtime. He goes in this week for blood work so I can see how he is doing. But to look at him, [bio-algae concentrates](#) has bought him quality time. It just takes time. And lots of love and bio-algae concentrates!*

—C. C. and Rudy (copied from Yahoo Groups Message Board, [Message #1002](#))

*My dog (age 5) has one lipoma and, of course, I also have them as well. Since I started taking your [bio-algae concentrates](#), I noticed a difference in size and a couple of the lipoma I had around my knees disappeared. I just took my dog to the vet and he also noticed a difference in the lipoma’s size and it’s a lot softer. The results, so far, have been way beyond what I expected and in such a short time, as we all have been taking your for less than two months.*

—N.J.

*I am a 48 year old woman with lipomas. I have seen a **reduction by half of the size of my three lipomas, so am encouraged to continue with them, after just going through one bottle [bio-algae concentrates](#) of 180 capsules, at 4-6 capsules a day.**—C.T.*

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## Possible Holistic Causes for Lumps and Lipomas (fatty tumors)

The following is a list of possible causes or hidden sources that may produce lumps, bumps and fatty tumors (lipomas) to form under the skin. This is just our holistic opinion and has not been conclusively proven by medical science. As with any symptom, we always suggest seeing a qualified medical professional to get a proper diagnosis.

### **Diet**

- Too much white flour and white sugar in the diet
- Too many processed foods or fast food offerings (containing Genetically Modified Organisms—GMO ingredients of corn, soy and canola oil)
- Too many artificial sweeteners—saccharin, aspartame, sucralose
- Too much soda pop—contains high fructose corn syrup (HFCS), artificial sweeteners and phosphoric acid that imbalances the body's pH
- Too many GMO foods—ingredients of corn, high fructose corn syrup (HFCS), dextrose, fructose, glucose, canola oil, soy, tofu, tempeh, hydrolyzed vegetable protein, inositol, isoflavones, modified food starch, MSG, sorbitol, sugar beets, vegetable oils
- Too much soy and soy products—in almost all processed or packages foods
- Too much milk and milk products containing genetically engineered Recombinant Bovine Growth Hormone (rBGH/BST)

### **Body**

- Any current or past root canals, tooth extractions or abscesses
- Any current or past auto-immune condition
- Poor immune system—always getting sick, “annual” colds and flu
- Any present or hidden infectious agents such as a bacteria, virus or parasite
- Past exposure to pesticides, chemical fertilizers or industrial chemicals (like solvents, paint thinners, household cleaners)
- Exposure to too many Endocrine Disrupting Compounds (EDCs)— industrial pollutants, chemical fertilizers, untreated sewage, plastic containers and bottles (bisphenol A), clothing, floor material and food can linings, anti-bacterial agent triclosan

If you have checked off more than 50% of the **Diet** boxes, we suggest working to eliminate the above foods or food ingredients first, before trying anything else. If you have three or more boxes checked under the **Body** category, then you may benefit from a whole food product that will restore balance to ALL the glands and organs of the body to more efficiently eliminate wastes and toxins.

**STOP supplementing the symptoms and try a “*wholistic*” approach instead!**

*These statements have not been evaluated by the FDA. This information is not intended to diagnose, treat, prevent or cure any disease.*