



April 2008



# The Catalyst

*Ease into spring with these allergy fighters*

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Whether you call it rose fever, hay fever, or allergic rhinitis, it's a big problem for the 50 million sufferers in America.

**Prevention**

If you know what you're allergic to, try to avoid contact with the allergens. Check the mold and pollen forecast and limit outside activities on high-level days or wear a paper mask. Researchers at the Woodcock Institute of Medical Research in Australia say an inexpensive pollen filter that fits over the nose and mouth can dramatically reduce allergen exposure.

**Amylase** acts as a natural antihistamine, reducing allergy symptoms. The amount of amylase required will depend



upon the situation, and is far safer than chemical antihistamines due to its natural origin and function within the body.

The super antioxidant in green tea could also ease symptoms. It blocks the biochemical process involved in producing an allergic response, ac-

ording to the Journal of Agricultural and Food Chemistry. Green tea may be useful against a wide range of sneeze-starting allergens including pollen, pet dander, and dust.

Drinking two or three cups a day of green tea helps to bolster the body's defenses, according to Lester Mitscher, of the University of Kansas. Mitscher is the author of *The Green Tea Book: China's Fountain of Youth* (Avery).

Fresh tea made with loose leaves has more antioxidants than tea bags. Water with chlorine can lower antioxidant levels. For best-quality tea, use distilled water.

**For more "Allergy Fighters" see page 4!**

## APRIL SPECIAL



**Buy any 3 Individual Enzymes, get a 4th for only \$3!**

Special Price: \$69.00 Autoship Price: \$62.40

**Choose from:**

- Amylase**- Asthma - Allergies - Insect Bites - Skin Eruptions - Sinus Conditions
- Cellulase**- Toxicity, Environmental Allergies, Pain Syndromes, Chemical Sensitivities
- Lactase**- Dairy Sensitivities, Lactose Intolerance, Milk Allergies, Food Sensitivities
- Lipase**- Digesting Fats - Cardiovascular, Psoriasis, Chronic Inflammation
- Protease**- Colds & Flu, Infection, Injuries, Fever, Inflammation, Fatigue



## You can protect the Earth

Earth Day, April 22, is an ideal time to become more earth friendly and take action to make our planet a cleaner and safer place for us all to live.

As an individual, you can start with something as simple as picking up any trash you see on the ground and turning off the water while you brush your teeth or shave.

You can turn off appliances and lights when you leave a room and select energy efficient products for your home. You can make the right energy efficient choice by going to [www.energystar.gov](http://www.energystar.gov) and using the Energy Star program. Energy Star is the government-backed symbol for energy efficiency.

You can save energy by insulating your water heater and pipes, and having leaky refrigeration systems fixed. In good weather, hang your laundry on

a line.

Planting a tree is a favorite way to celebrate Earth Day and while you are busy planting a new tree, you can offer any



leftover tree seedlings to your neighbors and friends.

Beginning a recycling program is an excellent way to commemorate Earth

Day. Recycle your paper, plastic, glass bottles, cardboard, and aluminum cans. At the same time, you can investigate how to properly dispose of items such as paint, solvents, car batteries, motor oil, and pesticides.

As a companion to recycling, you could start a compost pile with leftover food and clippings.

When you go shopping always try to buy products with less packaging and look for packages made from recycled materials. When you do your shopping, try walking or riding your bike instead of driving the car. Good for your health and good for the environment!

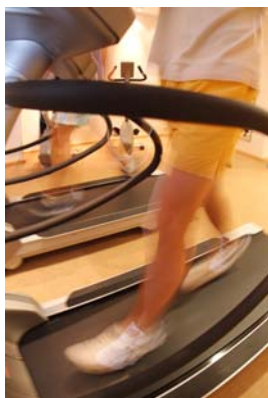
### Earth Day Fact

In 1999, recycling and composting activities prevented about 64 million tons of material from ending up in landfills and incinerators. Today, this country recycles 32.5 percent of its waste, a rate that has almost doubled during the past 15 years.



"Have you thought about how this may affect global temperatures in a few million years?"

## Exercise takes the edge off of chronic pain



Doctors at the Mayo Clinic say that when you are in pain, exercise is probably the last thing on your mind. But it could be more important than you think.

Regular exercise is a versatile weapon in the fight against chronic pain. It may seem difficult to start, but your body will thank you, say the Mayo people. What exercise can do:

\* It increases endorphins, which are the body's natural pain relievers.

\* Exercise builds strength, which takes the load off bones and cartilage.

\* It increases flexibility when you exercise. That means joints are able to move through their full range of motion and are less likely to ache or be painful.

\* It increases your energy level and gives you the strength to cope with life and with pain.

\* It helps you maintain a healthy weight and contributes to better sleep.

\* It enhances your mood and

gives a sense of well-being. You look better and have the confidence to continue.

\* Exercise protects the heart.

**Pain, swelling?**

**Reach for MSM and  
Protease!**



## Take care of your skin with NCP's creams

### Herbal Cream

Natural Choice Products Herbal Skin Cream contains a combination of distilled water, herbs, flowers, minerals and oils, combined with a proprietary transdermal delivery mechanism to provide optimum nutrients for the largest organ of the body, the skin.

An excellent cream for every day use that can be worn alone or under make up.

When used on a regular basis, the skin begins to take on a

more youthful glow. Elasticity is regained, and wrinkles and lines begin to diminish as healthy new cells work their way to the surface. By nourishing the skin and maintaining its function, an additional level of protection to the body is achieved.

### Oxy-Gem Cream

Intended for daily use, Oxy-Gem Nutrient Cream nourishes and revitalizes the skin, creating a healthy, youthful appearance. Its

specially balanced formula works to restore the skin's valuable vitamins, minerals and hormones lost or damaged from the sun, pollution, poor diet and injury.

Oxy-Gem Cream is also beneficial for cuts and scrapes, burns, scars, sun burns, and dry chapped skin.



### Herbal Cream:

2oz. \$47.00  
1/2 oz. \$16.00

### Oxy-Gem Cream:

2 oz. \$28.00  
1/2 oz. \$12.00

### Earth Day fact

By recycling one ton (2,000 lbs.) of paper, we save: 17 trees; 6,953 gallons of water; 463 gallons of oil; 587 pounds of air pollution; 3.06 cubic yards of landfill space and 4,077 Kilowatt hours of energy.

## April is Cancer Control Month

New discoveries help you tip cancer odds in your favor

Almost every minute of every day one American dies from cancer, according to President Bush's Roundtable on Advances in Cancer Prevention 2007. One of those minutes could be yours, but how you live can make a difference.

Skin cancer is the most common type for both men and women. As you spend more time outdoors, keep that in mind and wear sunscreen.

The next most common type for men is prostate cancer. Smoking and a diet high in fat appear to be factors. Recent studies by the University of Pittsburgh and elsewhere show that eating more fruits and vegetables, particularly broccoli, is protective.

For women, breast cancer is the second most common type. Regular exercise and a healthy, low-fat diet help to

prevent it. And one Harvard study of younger women showed they were 35 percent less likely to get breast cancer if they took supplements containing at least 548 IU of vitamin D each day.

Lung cancer is the leading cause of cancer death for both men and women. Smoking is the most common cause. Need we say more?

Interesting new studies on diet and cancer prevention include one by UCLA showing that drinking coffee has a protective effect against colon, rectal and liver cancer.

Another shows that eating just three servings per month of raw cruciferous vegetables (broccoli, cabbage and cauliflower) can reduce bladder cancer risk by about 40 percent. About 70 percent of cervical cancers are caused by HPV. If young women were vaccinated against the virus,

the current number of deaths per year would be greatly reduced.

People who have gastroesophageal reflux disease (GERD) can decrease their risk for esophageal cancer by decreasing their body mass index.

If the esophagus is already precancerous, eating freeze-dried blackberries for 26 weeks (32 grams a day for women, 45 grams for men) can help. No other treatment has eliminated the risk for esophageal cancer.

This study was presented at the American Association for Cancer Research conference, December 2007.

For most of us, a healthy diet and weight, avoiding the sun and quitting cigarettes, plus getting some exercise, will take us a long way toward cancer prevention.

*"Skin cancer is the most common type for both men and women. As you spend more time outdoors, keep that in mind and wear sunscreen."*



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Check us out online at  
[www.1inhealth.com](http://www.1inhealth.com)

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# Gear up for allergy season

Warmer weather is on its way and so are the allergens! We get asked by our customers what is the best allergy protocol. Below are some suggestions.

**Amylase** by far is the best product to take for any type of allergy. It is best taken on an empty stomach— 2 capsules 3 times a day or more as needed for severe reactions.

**Cellulase** is wonderful for indoor/outdoor/pet allergies as well as metal allergies/sensitivities. Take 2 capsules 3 times a day or more as needed on an empty stomach.

**Vitalase** has such high concentrations of all the enzymes it is very powerful for cleaning out the body and ridding the system of allergens. Take 2 capsules 2-3 times per day on an empty stomach.

All the above products can be taken together.

For rashes and hives, **Oxy-Gem Cream** can be applied to relieve itching.



## Are you lactose intolerant?

Lactose intolerance is when a person does not have enough lactase to digest the amount of lactose they consume and they may feel very uncomfortable when they digest milk products, or any prepared foods that contain dairy additives. Common symptoms, which range from mild to severe, include nausea, cramps, bloating, gas, and diarrhea. Symptoms begin about 30 minutes to 2 hours after eating or drinking foods containing lactose. The severity of symptoms depends on many factors, including the amount of lactose a person can tolerate and a person's age, ethnicity, and digestion rate.

Only one-third of all people retain the ability to digest lactose into adulthood. Most individuals of Asian, African, and Native American descent are lactose intolerant. Between 30 and 50 million

Americans are lactose intolerant.

People who are lactose intolerant can benefit greatly by supplementing with **Lactase**, an enzyme which digests lactose. **Lactase Enzymes** should be taken right before a meal containing lactose. The degree of lactose intolerance varies by individual, so a greater or lesser amount of lactase may be needed to eliminate symptoms of lactose intolerance.

A concern for both children and adults with lactose intolerance is getting enough calcium in a diet that includes little or no dairy products. Calcium is essential for the growth and repair of bones throughout life. In the middle and later years, a shortage of calcium may lead to thin, fragile bones that break easily, a condition called osteoporosis.

Many non-dairy foods are high in calcium, including dark green vegetables such as broccoli, or fish such as salmon and sardines. Yogurt with active cultures may be a good source of calcium for many people with lactose intolerance. Even though yogurt is fairly high in lactose, the bacterial cultures (Probiotics) used to make it produce some of the lactase enzyme required for proper digestion. Taking a **Probiotic supplement** also produces Lactase.

**Ease all symptoms of lactose intolerance with Lactase!**

**With our April Special now is the time to stock up!**

**Lactase 60 count- \$22.00**

