

# The Catalyst



## MSM: Allergies, Arthritis and Beyond

MSM (methylsulfonylmethane) is experiencing popularity as a safe and very useful nutritional supplement. Its multiple benefits include pain relief, gastrointestinal health support, nutrition for the hair and nails, and even reducing allergies!

**For allergy sufferers, MSM is very good news. After many years of treating pain patients with MSM, it has become clear that perhaps the single most powerful benefit it offers is quick relief of the symptoms of common allergies.** *Excerpt from "The Miracle of MSM – The Natural Solution for Pain", available through NCP.*

The effect of MSM on allergies is so great that it just might be the best remedy since the discovery of antihistamines. In a great many cases, improvement comes rapidly, even for people suffering from severe allergies for years. In addition to relief from the classic allergy

symptoms of congestion, sneezing, coughing, runny nose, and itchy, teary eyes, other seemingly unrelated problems caused by allergies may improve.

MSM, rather than acting as an antihistamine, blocks the receptivity of histamine in sensitive tissues such as the mucous membranes of the nasal passages. This could be compared to shutting the door on histamine, preventing it from causing its symptoms.

Sulfur is required for the repair of joint tissues and for the construction of connective tissues. A number of medical studies performed over the years have shown that the sulfur levels in arthritic joints are lower than normal. When sulfur was given to arthritis patients in one trial, many found that the pain and other symp-

toms of their arthritis disappeared. In another trial, which compared the effectiveness of MSM to a popular NSAID, the results were comparable. The biggest difference between the two test groups was the total absence of negative side effects in the MSM group, compared to numerous complaints of hyperacidity from the NSAID group.

MSM is a bioavailable source of sulfur. Many of the benefits that we associate with vegetables such as onions, garlic, cabbage and broccoli come from the sulfur contained in them. MSM is a very stable source of sulfur that can be derived from plants grown on land or in the sea. Plants in their fresh state contain MSM when grown on sulfur-rich soil, but much of this compound may be lost with improper stor-

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## April 2006 Special

**Buy:**

Buy any 3 of the following:

- [Amylase](#)
- [Protease](#)
- [Cellulase](#)
- [Multiple Digestive Enzymes](#) 100 count
- [Lactase](#)
- [Gastric Digestive Enzymes](#) 100 count
- [Lipase](#)
- or [Chewable Digestive Enzymes](#) 100 count



**Receive:**

Receive one Free bottle (equal or lesser value) of Individual Enzymes OR now is a great time to treat your pet and try NCP's New [Pet Probiotic](#) or [Pet Digestive Enzymes](#) for FREE!



**It's allergy season!**  
Now is the time to stock up on Amylase!

**MSM** cont.

age and handling. Taking **NCP's MSM** ensures that you get sufficient amounts of this vital nutrient.

Many of our customers have asked if sulfur is the same as sulfa drugs and sulfites.

Do not get confused between the two. MSM provides organic sulfur and is a nutrient. Sulfa-based drugs, also known as sulfonamides, do not occur naturally and are used as antibiotics. The sulfa molecule is much larger and can cause severe reactions in some individuals. While many people are allergic to sulfa drugs, no

similar reactions have ever been reported with MSM. A third sulfur-containing compound, known as sulfites, is a form of preservative that can cause allergic reactions in some individuals. MSM does not contain sulfites, and should not cause a reaction in sulfite-sensitive individuals.

For more information on the many benefits of MSM please visit our website at [www.1inhealth.com](http://www.1inhealth.com) or call Vicki our Products Specialist at 1-800-626-5143.

I have been using "MSM", a product of Natural Choice Products for the treatment of arthritis for about 9 months. My body is pain free and my fingers move like they did 40 years ago - I'm "72" and am playing my accordion better than ever! My hats off to N.C.P and the M.S.M I'm taking - really works great for me.

P.J.A  
KalisPELL, MT

**Keep your bones strong with Natural Choice Products Coral Calcium and MSM. Be sure to check out our last conference call *Osteoporosis: The Bone Thief* at [www.1inhealth.com](http://www.1inhealth.com)**

**More bone-friendly foods identified**

To keep bones strong, you have to eat foods that supply calcium and the Vitamin D your body needs to absorb it.

In addition to building bones, the body supplies calcium to the muscles, heart, and nerves in order to keep them running smoothly. If your body can't get enough calcium from food, it has to take it from calcium stored in your bones.

Foods rich in calcium include low-fat dairy products, kale,

and enriched tofu. Calcium-fortified orange juice is a very absorbable source. But there's more.

Today, new foods are emerging as bone protectors. Bananas, long recommended for their potassium, contain magnesium too. It has recently been proved to correlate with bone strength.

Then comes a seemingly unlikely nutrient to help. Vitamin K also plays a role in bone

density. Found in dark green vegetables like spinach and kale, Vitamin K helps at least 12 proteins in the blood, bones, arteries, and brain carry out their functions. Doctors at Harvard say older people who eat foods containing lots of Vitamin K have denser bones and fewer fractures. Think about it now, because building strong bones is a lifetime project.

**To keep depression away, eat fish**

If you think the health claims for fish oil are beginning to sound like "snake oil," think again.

Psychiatrists at the National Institutes of Health say the omega-3 fatty acids in fish oil are like neuronal fertilizer. They make brain cells grow more connections.

Researchers now say omega-3s benefit not only the heart but also a range of psychiatric and

neurological problems including depression, bipolar disorder, and schizophrenia. The brain is 60 percent fat, they say, and it needs omega-3s for optimal function.

Studies suggest omega-3s also help build cell membranes and boost levels of the feel-good brain chemical serotonin.

Food contains two varieties of omega-3s. Those found in walnuts, canola oil, and leafy

greens are called ALA and are not quite as effective as those found in seafood and enriched eggs. They contain EPA and DHA omega-3s.

The American Heart Association recommends eating fatty fish such as salmon and cod at least twice a week.



## Avoid carbonated drinks to prevent reflux



Take Gastric Digestive Enzymes to prevent reflux.  
**Gastric Digestive Enzymes 100 count: \$21.00**

The Sleep Heart Health Study by the University of Arizona shows that avoiding nocturnal gastroesophageal reflux (nighttime heartburn) could be as simple as avoiding carbonated beverages.

It is estimated that 44 percent of Americans experience nighttime heartburn at least once a month. It's more serious than daytime heartburn. It causes more damage to the esophagus and is more likely to lead to esophageal cancer.

The study showed that sufferers were more likely to consume one or more carbonated drinks daily. Heartburn was also associated with being overweight, snoring, hypertension, and asthma. According to *The Tufts University Health & Nutrition Letter*, the study did not link smoking or alcohol to a greater incidence of nighttime heartburn.

Other causes may include coffee,

chocolate, whole milk, peppermint, spearmint, citrus fruits, and tomatoes.

It is recommended that people who have the problem eat a smaller evening meal and avoid a prone position for several hours after eating.



## It's prime time for delicious, healthful asparagus

In April and May, you can see the brilliant green tips of asparagus poking out of the ground to welcome spring. Those delicious shoots are filled with folate. They are rich in Vitamins A, C, E, thiamine, riboflavin, and calcium. They're a nutritional powerhouse.

According to *The Doctor's Book of Food Remedies* (Rodale), asparagus was popular with royal households of France in the seventeenth century. The French royals enjoyed its flavor, but they also considered it to be a powerful aphrodisiac.

While the aphrodisiac powers of asparagus have never been documented, authorities today do know that its rich stores of folate may help prevent birth defects of the brain and spinal cord. Women of childbearing age should consume 400 mg of folate per day. (Five asparagus spears contain 110 mg.)

All adults should get 400 mg of folate each day because research suggests it protects the heart. Research shows that folate controls the amount of homocysteine in the bloodstream. When folate levels fall,

homocysteine levels rise, causing damage to the arteries of the heart and brain. For preventing heart disease, medical authorities believe folate may be just as important as controlling cholesterol.

Today, just 12 percent of Americans get 400 mg of folate each day. By some estimates, 13,000 Americans could avoid heart disease with adequate folate.

Asparagus is great cooked by itself for a few minutes. Or add this sauce recommended by *Weight Watchers*:

### Asparagus mustard sauce

In a bowl, combine 1/2 C plain nonfat yogurt, 1 1/2 t prepared mustard, 2 t butter, 1/2 t dried parsley, and a dash of salt. Warm on stovetop or in Vitamix.

Arrange 24 asparagus spears on a serving platter or individual plates. Pour sauce over the top.

## Dye eggs with natural materials from your kitchen



No need to rush out and buy egg dye for your colored Easter eggs. You probably have some basic colors in your kitchen. Another plus: You can cook eggs and color them at the same time.

Use beets for beige to bright pink eggs; coarsely chopped red cabbage for pale to royal blue; blueberries for lavender shades; brewed coffee for deep mocha color; cranberries for pale pink; turmeric for bright orange; or yellow onion skins with black

peppercorns for beige to mauve tones. Here's how to do it:

Place eggs in a deep saucepan. Add your coloring ingredient. Cover with a quart of cold water and add 2 tablespoons of white vinegar to fix the dye. Gently simmer the eggs from 20 minutes to 2 hours until you like the color. Eggs will be good for up to three weeks if stored in the refrigerator.

### Did you know???

The protein in eggs is the highest quality protein of any of the foods that we eat.

Eggs contain protein, carbohydrates, fats, amino acids, and all the essential Vitamins and minerals except Vitamin C and calcium.

Egg yolks are one of few foods that naturally contain Vitamin D.

Ostriches lay the biggest eggs, they can weigh up to 4 pounds.