



THE CATALYST

APRIL 2007

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Individual Enzymes ~ Why Do They Work?

We all know that taking individual enzymes can help with various conditions specific to each enzyme type, but have we stopped to ask "Why?"

In a great percentage of situations, it is because your body is deficient in that particular enzyme. For example, a deficiency of Amylase may manifest itself in a whopping case of hay fever, as amylase is involved in anti-inflammatory reactions caused by the release of histamines. Theoretically, Amylase circulating in the bloodstream affects the portion of IgE that binds to the tissue mast cell, stopping the continued production of histamine.

Amylase deficiencies may also result in stiff joints. Why is that? Amylase breaks down carbohy-

drates. Carbohydrates require phosphorus. If excess carbohydrates are consumed without being broken down, a phosphorus deficiency will result. What does this have to do



Amylase: The best defense against springtime allergies

with stiff joints? Phosphorus prevents the deposit of calcium carbonate and calcium oxalate in the joints. These deposits re-

sult in joint pain.

Lipase digests fats and fat soluble vitamins. Correspondingly, people who lack sufficient lipase may tend to have high cholesterol, high triglycerides, or difficulty in losing weight. Lipase deficient individuals also have decreased cellular permeability, which may contribute to some forms of diabetes, as this lack of permeability may interfere with the body's usage of glucose and insulin.

What happens when you are protease deficient? You will have protein deficiency symptoms. Protease deficiency creates alkaline excess in the blood, not because protease is acidic (it's not), but because acidity is created by the digestion of protein. Alkaline excess can pro-

April 2007 Special

Buy Any 3 of the following Enzymes:



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- Lipase
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Stock up on Individual Enzymes today with our April Special. See page 1 for more details.

duce anxiety. Overly alkaline people may also have problems related to calcium metabolism, such as gout, osteoporosis, osteoarthritis, and bone spurs. This is because protein is required to carry protein-bound calcium in the blood. Inadequate protein digestion also may lead to hypoglycemia, edema, and a toxic colon, which can lead to many other serious problems. Protease is also involved in immune system function, due to its action on bacteria and viruses.

Cellulase deficiency causes malabsorption syndromes, characterized by lower abdominal pain, gas, and bloating. People with malabsorption syndrome and cellulase deficiency tend to have food allergies, and intolerance to

gluten or sugar. Chemical, metal, and drug toxicity may also be greatly improved with increased cellulase Intake. Keep in mind that the body does not produce cellulase. It can only be obtained from raw foods or by enzyme supplementation.

Last, but not least, of Natural Choice Products Individual Enzymes, is Lactase. Lactase deficiency causes lactose intolerance, which may produce gas, pain, bloating, and diarrhea upon consumption of dairy products.

Individual Enzymes May Be Beneficial for:

Amylase: Allergies • Asthma • Hives • Sinus Problems • Insect Bites • Skin Eruptions

Cellulase: Gas • Bloating • Candida • Bowel Disorders • Drug Withdrawal • Toxicity • Food Allergies • Pain Syndromes • Chemical Sensitivities • Environmental Allergies • Malabsorption Syndromes

Lactase: Dairy Sensitivities • Lactose Intolerance

Lipase: Digesting Fats • High Cholesterol • Obesity • Diabetes • High Blood Pressure • Chronic Fatigue • Psoriasis • Gallbladder Disorders • Cardiovascular Issues • Spastic Colon • Nerve Pain • Vertigo

Protease: Anxiety • Cancer • Osteoporosis • PMS • Acne • Infections • Fibromyalgia • Kidney Problems • Low Blood Sugar • Depressed Immunity • Arthritis • Bone Spurs • Water Retention • Candida

Thank you NCP!

I started going through the change of life this past fall and didn't feel comfortable taking hormones for a variety of health reasons so I decided to try NCP's Female Enhancement Cream. I was surprised how much better I felt (not so moody). After using the cream for two months and

enjoying the difference I ran out. I live in Missoula so I went to the health food store and bought a similar product thinking it would get me by until my order arrived. I was disappointed and barely noticed a difference. I was elated when my package from NCP arrived. Thank you

NCP for the free shipping! Now I'm sure to order in advance so I do not run out of my Female Enhancement Cream!

Gerri R.
Missoula, MT

Fresh spring rhubarb

"Rhubarb juice ranked close to the top of all fruits and vegetables in preventing cell mutations that commonly lead to cancer."

April brings a wealth of fresh spring fruit and vegetables including strawberries, asparagus, and peas, but why not try something different? Rhubarb. Too tart for your palate? Think again. It is absolutely delicious in cobblers, desserts, and chutneys. And it has healing power that has been recognized for hundreds of years.

Of course, eating a half cup of rhubarb cures constipation (cook it with apple juice and honey), but rhubarb, along with other fiber-rich foods, can sop up cholesterol and flush it from your body before it gets a chance to stick to your arteries. And it can fight cancer. Re-

searchers at the University of Mainz in Germany found that rhubarb juice ranked close to the top of all fruits and vegetables in preventing cell mutations that commonly lead to cancer.



Vitamin C is also found in rhubarb. The

antioxidant attacks and immobilizes free radicals that are the damaging force behind heart disease and some cancers.

When shopping for rhubarb, remember that the redder the stalk, the sweeter the taste.

Rhubarb Chutney

Toast 2 teaspoons of yellow mustard seeds in a saucepan over medium heat until beginning to pop, 2 minutes. Add 2 cups 1/2-inch pieces of fresh rhubarb, 1 cup chopped red onion, 1/2 cup water, 1/2 cup cherry preserves, 1/2 cup dried cherries, 6 tablespoons sugar, and 4 tablespoons balsamic vinegar.

Simmer until rhubarb is tender, about 5 minutes. Increase heat and boil until mixture thickens (5 minutes), stirring often. Add salt and pepper.

What to do about IBS, a common disorder

Irritable bowel syndrome (IBS) affects 10 percent to 20 percent of the general population. It is a "functional" disorder; one that is caused by the way the body works rather than by an infection or structural abnormality.

Symptoms of IBS include abdominal pain or discomfort associated with a change in bowel pattern, such as loose bowels or constipation.

The problem is that IBS is not caused by a single food, but by any food that is high

in fat, insoluble fiber, caffeine, is carbonated, or contains alcohol. All of these are either GI stimulants or irritants that can cause violent reactions in the muscles in the colon. Those reactions are painful.

Fat is the greatest digestive tract stimulant. It triggers the gastrocolic reflex more powerfully than any other food. This reflex causes the colon to start contracting. In IBS sufferers, it can cause pain, constipation, or diarrhea.

Meat, dairy products, and

egg yolks are dangerous for all aspects of IBS. They pose high risks and may be best eliminated from the diet. For some people, wheat is also a trigger food.

IBS varies in cause and severity from one person to another. That's one reason it's difficult to treat. Most patients keep a food diary until they are certain of what causes colon spasms.



Log onto www.1inhealth.com for customer testimonials about overcoming IBS.

Here's why you need more Vitamin C

Even if you have a glass of orange juice and take a multi vitamin every day, you could still need more Vitamin C. Here's why:

1. Low Vitamin C is very common. One in three Americans has low blood levels of C. Researchers at Arizona State University think one reason is that foods don't contain as much Vitamin C as we think. For example, orange juice in ready-to-drink cartons has far less C than juice from frozen concentrate.

2. The recommended daily allowance (RDA) for Vitamin C is too low. Vitamin C is an antioxidant superpower that neutralizes free radicals that help to cause cancer, heart disease, cataracts, and

other conditions. Doctors writing in Prevention, say 500 to 1,000 mg of Vitamin C per day are needed to saturate blood and tissue. Current RDA levels are 90 for men and 75 for women.

3. If you have diabetes, extra Vitamin C is recommended. People with diabetes have high levels of oxidative stress. That leads to blindness, nerve damage, and heart disease. Vitamin C helps to counteract these effects. If you take supplements, be sure to tell your doctor.

The safe upper limit for Vitamin C taken daily is 2,000 mg. Higher doses can cause diarrhea or stomach upset. The American Cancer Society's committee on nutrition

and physical activity says extra Vitamin C isn't for everyone. Don't take it if you are taking chemotherapy. If your body stores excess iron, or if you have a history of kidney stones, don't take more than 100 to 200 mg per day.

NCP's Vitamin C contains 1000mg of Vitamin C Complex. Vitamin C is available in two sizes 60 count for \$14.00 and a 240 count for \$48.00



**NEW
Vitamin C**

"Vitamin C is an antioxidant superpower that neutralizes free radicals that help to cause cancer, heart disease, cataracts, and other conditions."

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Spring Cleaning



Spring cleaning is a tradition that allows us to freshen up and get organized before the busy months of summer. Save time and money this spring by using all natural household cleaners.

General Cleaner

Mix 4 tablespoons baking soda in 1 quart warm water, or use plain baking soda with a wet sponge.

Disinfecting/Deodorizing Cleaner

Mix 1/2 cup Borax in 1 gallon hot water.

Window Cleaner

Mix 1 tablespoon of cornstarch with 1 quart warm water.

Floor Cleaner

Mix 1 cup vinegar with 2 gallons water.

Tub and Tile Cleaner

Mix 1/4 cup baking soda with 1/2 cup white vinegar.

Lemon and baking soda spray

Dissolve baking soda in 2 cups hot water, add lemon juice, pour into spray bottle, spray into air as air freshener.

Lemon Cleanser

2 tablespoons Borax, 1/4 cup lemon juice, 2 cups hot water. Combine the Borax and lemon juice with the water in a spray bottle. Use as you would any commercial all-purpose cleaner.

Furniture polish

Mix 1/4 cup vinegar with 3/4 cup oil (olive, vegetable, lemon).

Brass, Copper, and Pewter Cleaner

Mix equal parts salt and vinegar, then thicken with flour.

Drain Cleaner

Add 1/2 cup baking soda, then pour one cup of vinegar down drain. Let sit for 20 minutes, then flush with water.

Woodwork Cleaner

Use cold tea for cleaning any kind of woodwork.

All Purpose Cleanser

Mix a half-cup of Borax with 1 gallon hot water. Add a few sprigs of fresh thyme, rosemary or lavender. Steep for 10 minutes, strain and cool. Or add essential fragrant oils instead of fresh herbs. Store in a plastic spray bottle.

Toilet Bowl Cleanser

Baking Soda and Vinegar: Sprinkle baking soda into the bowl, then squirt with vinegar and scour with a toilet brush. Cleans and deodorizes.

New Shipping and Return Policy



We at NCP sell only the highest quality products, however, if for any reason a customer should be dissatisfied with any item purchased directly from NCP, that unopened/partial item may be returned within 30 DAYS for a refund (less a 10% restocking fee).

In the event of an auto-ship, any changes **MUST BE MADE 24 HOURS IN ADVANCE** of the shipping date. If 24 hours are not given and the order has

been packaged for shipment and we are asked pull the order and not ship the package, a refund will be issued, however a **10% restocking fee** will be assessed. If an auto-ship has been sent and you are wishing to return it the same rule applies.

All products being returned must have a Return Authorization Number which can be obtained by calling the sales department at 800-

626-5143. This number must be written on each carton returned.

It is the responsibility of the customer to pay the shipping for all returns. Proper shipping carton(s) and packing materials are to be used. The risk of loss in shipping for returned product is the responsibility of the customer. If the items are not received it is also the responsibility of the customer to track the package.