

The Catalyst

August 2006

FOREVER YOUNG

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As a society, we are growing older. As life expectancy extends, how are we to maintain vitality and health? Dr. Edward Howell, in Enzyme Nutrition, stated, "Deficiency or exhaustion of the body's enzyme production leads to aging, disease, and death".

A very clear chain of events associates enzyme depletion with the aging process. First, undigested food clogs the digestive tract, and then the stuck food putrefies there, creating toxins and free radicals, which destroy cells, causing premature aging of tissues, and promoting the onset of disease. Large undigested molecules seep from the intestine into the bloodstream, gumming up the blood and interfering with normal oxygen distribution to the body, causing premature cell death.

Much of the immune system depends on circulating white

cells. When the blood gets gummed up with undigested sludge, the white cells can't circulate. This impedes immune function and leads to aging.

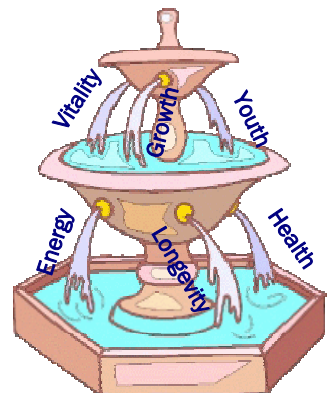
Taking **Multiple Digestive** or **Gastric Digestive Enzymes** with each meal ensures that our bodies are breaking down the foods we eat, preventing the buildup of undigested molecules in our blood. Taking **Individual Enzymes** or **Vitalase** between meals on an empty stomach can help to break down the undigested debris in the bloodstream.

What else can we do to slow the aging process?

One of the top anti-aging nutrients is alpha-lipoic acid, considered the "universal antioxidant" because it works in both the fat soluble and the water soluble parts of the body, as well as being able to cross the

cell wall, allowing it to work both inside and outside of the cell. Another vitally important ingredient is Omega-3 essential fatty acid. EFAs have been shown to benefit the health of the brain, heart, joints, skin, eyes, and every cell of the body. They also fight inflammation in the tissues. As inflammation can speed the aging process, it only makes sense to reduce it to maintain our health.

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AUGUST 2006 SPECIAL

Turn back the hands of time with NCP's Anti-Aging Special



Buy: 1- **Superfood Supplement** 360 count
1- **Vitalase** 100 count
1- **Vitamin Mineral Enzyme Complex** 100 count



Receive: 1 FREE 2oz. **Oxy-Gem Cream**

A \$26.00 Value FREE!

Special Price: \$117.00

Autoship Price: \$105.30

FOREVER YOUNG *cont. from page 1*

NCP's **Nutritional Essentials** are a rich source of both alpha-lipoic acid and the essential fatty acids. It also provides amino acids, which are beneficial in strengthening the neurotransmitters in the brain. This can be very beneficial in helping the brain retain its youthful vitality, memory, and alertness.

The Skin

As we get older, our skin may start to sag, wrinkle, and look dull. Feeding the body with Natural Choice Products can keep the skin looking young from the inside out. Apply NCP's **Herbal Cream** or **Oxy-Gem Cream** to help revitalize your skin

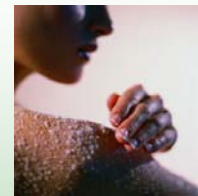
from the outside in! Both of these creams provide exceptional nutrients for moisturizing the skin, and keeping it supple while preventing wrinkles. The **Oxy-Gem** also includes oxygen to give your skin a fresh and natural glow.

Natural Choice Products: The Fountain of Youth?



Youthful, Radiant Body Scrub

- 1 cucumber, peeled and grated
- 1 cup buttermilk
- ½ cup sea salt or kosher salt



Combine all ingredients to make a paste. Soak in the tub or shower for at least 5 minutes to open up your pores. Use the scrub all over, especially dry areas. Use this scrub once a week to keep your skin looking healthy and radiant!

CUCUMBER FACIAL MASK

- ¼ cucumber, peeled and seeded
- 1 tablespoon plain yogurt
- ½ tablespoon honey
- 2 tablespoons oatmeal or powdered oats

Place the peeled and seeded cucumber in a small food processor and process until liquefied with small cucumber chunks, about 3 minutes.

Add the yogurt and honey and process until smooth, with small cucumber chunks. Add the oats and process further until a paste-like mixture is formed. If your mixture is especially watery, you may need to add more oats to get a paste-like texture

To use, smooth a thick layer of Cucumber Face Mask over clean skin and rest for 15 minutes or so. Rinse with warm water and apply **Oxy-Gem** or **Herbal Cream** as usual. Enjoy!

STOMP OUT FREE RADICALS

Free radicals are compounds that have an unpaired electron, which leaves them unstable in the body, and hungry for that lost electron. These free radicals will try to steal an electron from healthy cells; the cells that make up our organs and tissues. If the free radical succeeds in stealing the electron, the healthy cell becomes unstable and causes damage as it tries to steal electrons from other cells. Free radical damage triggers disease in the body by destroying cell DNA, oxidizing LDL cholesterol into plaque, producing cancer cells, and contributing to inflammatory diseases.

Antioxidants come to the rescue by neutralizing free radicals. An antioxidant is a special compound that can donate an elec-

tron to an unstable molecule without becoming unstable itself. Many vitamins, minerals, and phytonutrients act as potent antioxidants, working to stop free radical damage in its tracks. **Natural Choice Products** offers many antioxidant weapons in this battle against free radicals.

Nutritional Essentials is a rich source of Alpha lipoic acids, which protect cells by helping to recycle other antioxidants, boosting their positive effects. It is also one of nature's highest sources of CoQ10, well-known for its strong antioxidant benefits, and also a bountiful source of Vitamin E, both in its tocopherol and in its more powerful tocotrienol forms.

Vitalase provides Anthocyanins, a potent antioxidant bioflavonoid,

along with its concentrated enzyme blend, designed to cleanse the body of damaging toxins.

Superfood and **Whole Food Supplement** are valuable, green sources of vitamins, minerals, phytochemicals and antioxidant nutrients designed to protect the body against free radical damage and disease.

Multiple Vitamin-Mineral Enzyme Complex supplies the key nutrients and antioxidants your body requires to maintain optimal health. Our vitamins and minerals are extracted from whole foods, and enhanced with enzymes to ensure assimilation of the nutrients contained.

Stomp out free radicals with Natural Choice Products!

For more information on these fine supplements please visit our website www.1inhealth.com



BACK TO SCHOOL

September is the month in which many students are heading back to school. When shopping for school clothes and supplies, don't forget to plan for your children's health. Supplies for their immune system are every bit as important as that notebook and protractor!

At school, children are exposed to many more varieties of bacteria and viruses than they are at home. Last year, cases of pertussis, often called whooping cough,

reached a 40-year high in the U.S. with about 20,000 cases nationwide. About 75 percent were in people younger than 20. Many young children are protected through immunization, but the vaccine loses its potency after 5 to 10 years.

The disease can spread rapidly because in its early, most infectious stage, its symptoms are similar to those of the common cold. As a result, people spread pertussis without realizing they are contagious. Though it is rarely fa-

tal, the disease can linger for weeks or months with coughing so intense it can bring on vomiting fits.

Protect yourself and your children from pertussis and other ailments by building the immune system with Natural Choice Products! NCP's **Probiotic Blend**, **Protease**, **Multiple Vitamin/Mineral**, **Superfood Supplement**, and **Vitalase** are all instrumental in strengthening immune function.

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COLLOIDAL SILVER FAQ'S

Q. What exactly is "Colloidal Silver"?

A. Colloidal Silver is a liquid solution containing microscopic particles of pure silver permanently suspended in de-ionized water.

Q. How does Colloidal Silver work?

A. According to doctors Colloidal Silver inhibits the ability of disease-causing organisms such as bacteria, viruses, fungi, and parasites from assimilating oxygen, and as a consequence, they literally suffocate and die.

Q. May Colloidal Silver be used on infants and small children?

A. Many physicians use Colloidal Silver for both infants and small children, either internally or topically. It is especially useful on eyes, since it is non-burning, non-stinging, and non-irritating. It is totally safe around children and no "child proof caps" are required; it is also good for diaper rash, burns, or other skin irritations.

Q. Since Colloidal Silver is effective on virtually all types of bacteria and viruses, once it is consumed will it also be effective in destroying the good bacteria contained in the digestive tract and colon?

A. Yes, it will have an effect on destroying some of the good bacteria in the digestive tract. However, since it is in contact for only a very short period of time with these colonies of bacteria contained in the digestive tract, it will not be totally effective in destroying all of the good bacteria. We do however, suggest that anyone taking a substantial amount of Colloidal Silver internally, supplement it with some good bacteria such as our **Probiotic Blend**

Q. Why should we take Colloidal Silver in the strength of 30 parts per million, as opposed to some which is sold in strengths of 5, 10, 50, 500, etc.?

A. The research which has been conducted on various disease causing organisms revealed a significant difference in the "kill rate" on strengths up to 25 ppm, but no significant difference over 25 ppm. Consequently the 30ppm strength is the optimum strength to use on virtually any application.

Q. Will Colloidal Silver react or interact with any medicine?

A. There is no evidence, nor has the U. S. Center for Disease Control (CDC) in Atlanta ever received any report of any type of adverse reaction from Colloidal Silver used in combination with any drug.

Q. Can Colloidal Silver be used for pets?

A. Yes. Since it is tasteless, it may be added to household pets' drinking water. It may also be applied topically on any part of the animal, without fear of burning, stinging, or irritation.

Q. Why can't these disease-causing organisms mutate into other forms and become immune to Colloidal Silver much the same as they do with antibiotics such as penicillin?

A. Since the Colloidal Silver is a nontoxic product, and in the literal sense doesn't "kill" any bacteria or other pathogen, there is nothing from which to become immune; it merely disables the "germs" ability to assimilate oxygen and as a result, the germ dies.

Q. How do I use Colloidal Silver?

A. Colloidal Silver can be taken internally and topically. For some specific uses please see the chart on page 4.



Colloidal Silver 8oz.: \$35.00

Colloidal Silver Gel 4 oz.: \$30.00



One of the questions I have frequently been asked over the years is regarding expiration dates. I am very happy to announce that we are gradually adding expiration dates to our bottles! In the meantime, though, while the changes are being implemented, here is a chart listing the shelf lives of our products. Thank you for your patience during the transition - it is already in progress!

Ailment	Suggested Use
Acne	Topically as needed
Athletes Foot	Topically as needed
Bed Sores/Ulcers	Topically as needed
Bladder Infections	Internally-1/2 oz./hr until relieved
Burns and Sunburn	Topically as needed
Eczema	Topically as needed
Canker Sores	Topically as needed
Colds and Flu	Internally 1/2 oz./hr. at 1st sign until relieved
Cuts and wounds	Topically as needed
Eye Infection	Drops in eye as needed until relieved
Insect Bites	Topically as needed
Psoriasis	Topically as needed
Rashes and Diaper Rashes	Topically as needed
Ringworm	Topically as needed
Sinus Infection	Drops up nose
Strep Throat	Swish/gargle/swallow 1/2 oz./hr. until relieved
Tonsillitis	Gargle 1/2 oz./hr. and swallow as needed

This list is just a fraction of what Colloidal Silver may be beneficial for. For a complete list of suggested uses please call 1-800-626-5143, or email us at customerservice@naturalchoiceproducts.net.

We are on the web!
www.1inhealth.com

NATURAL CHOICE PRODUCTS
 109 Cooperative Way Suite 101
 Kalispell, MT 59901
 Phone: 800-626-5143
 Fax: 406-257-9148

Products Expiration Dates:	
Enzymes	3 years
Amylase	
Cellulase	
Lactase	
Lipase	
Protease	
Multiple Digestive	
Gastric Digestive	
Vitalase	
Cognizyme	
Chewable Enzymes	
MSM	3 years
Superfood & Whole Food	18 months
Nutritional Essentials (all flavors)	18 months
EZ-Pro	18 months
Probiotic Blend & Pro-5-Probiotic	18 months
Metabolic Accelerator	2 years
Vitamin Mineral/Enzyme Complex	2 years
Electrolytic C	2 years
Bowel Toner	2 years
Herbal Blood Formula	2 years
Horsetail	2 years
Milk Thistle	2 years
G202 Oxygen Capsules	2 years
Coral Calcium	2 years